

BBC

EVERY RECIPE  
TESTED  
THREE TIMES

eat in\*eat out\*eat away

# olive

101  
easy  
recipes

FREE BOOK  
INSIDE!

olive  
**26** Sunday lunch  
recipes



\*starters \* mains \* sides \* puddings

- \* Slow-roast pork
- \* Treacle tart

## EAT IN

Quick, healthy  
pastas page 63

## EAT OUT

7 fantastic  
foodie hotel deals

## EAT AWAY

- \* Simple French menu for 6
- \* Rome's bargain hot spots



Best-ever chocolate layer cake  
page 52



# Relaxed Easter cooking



## SEASONAL IDEAS

Roast  
chicken,  
twice-baked  
soufflés  
and Pavlova



## 7 MEALS FOR £35

A week's  
worth of  
imaginative  
dinners



## EASY ENTERTAINING

Cocktails,  
canapés  
and meals  
for a crowd







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# Welcome to olive



Do you ever find yourself staring at a wall of wine in the supermarket, willing yourself to try something new, but choosing the same safe sauvignon every week because you know it's reliable? Let Victoria Moore help you out of your wine rut. She takes the risk out of experimenting by matching beautifully simple recipes with different wines

each month. Collect her straight-talking guides, and you'll soon broaden your wine knowledge. On page 60, she encourages us to give chardonnay another chance.

With Easter and the early bank holidays coming up, it's good to have a few bottles handy for any friends or family who might visit.

If you know what you like drinking at home but panic when faced with a restaurant wine list, turn to page 13 for Sarah Jane Evans MW's quick guide. Cleverly, she has chosen those with names, such as Greywacke, that are hard to forget.

Don't miss next issue. It comes with a fantastic free book, *21 weekend baking recipes*, on sale Wednesday 6 April\*.

Enjoy the holidays,

Christine

Christine Hayes EDITOR

\*Supplement only available to UK residents and overseas subscribers.

## IN THIS MONTH'S olive

What would you never give up for Lent? Here's what our contributors say...



**JOANNA BLYTHMAN**

'It has to be butter - it improves almost everything!' Read Joanna's feature about cloning on page 30.



**MARTIN DOREY**

'I could never live without a decent cuppa. Strong with plenty of milk and no sugar, please.' Find Martin's guide to North Devon on page 108.



**JOHN TORODE**

'I would find it very hard to give up beef - I just love it!' The *MasterChef* judge's seasonal recipes are on page 36.



**BRYN WILLIAMS**

'I'd never be able to give up bacon sandwiches!' Try Bryn's light seafood menu for four on page 56.

## ALSO IN THIS ISSUE

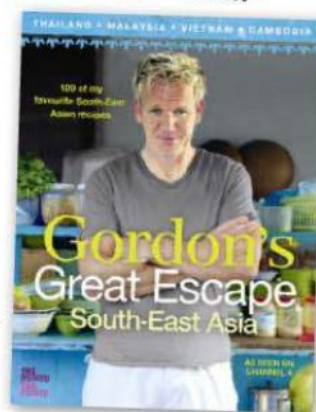
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Best-ever chocolate layer cake, page 52

## SUBSCRIBE TO olive



Subscribe to **olive** this month and we'll send you a FREE copy of *Gordon's Great Escape: South-East Asia*, worth £25. Call **0844 848 9747** and quote OLP411 or see **page 70**

## LOOK OUT FOR THESE HIGHLIGHTS

Clever short cuts and time-saving ideas that give great results – such as pea, pancetta and mint soup, page 43.



As voted by the **olive** team. If you only try one recipe, make John Torode's twice-baked goat's cheese soufflés on page 40.



Most of **olive**'s recipes don't require tonnes of effort, but those marked with this stamp are a doddle.



Quick recipes that you'd never guess would take so little time.



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## eat in

Inspiring, seasonal recipes that work every time

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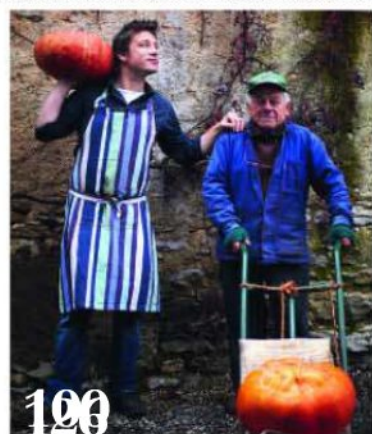
## Why olive recipes work every time

We test all recipes at least three times so they work without fail for you

- 1 The first time is by the recipe writer, who tests the recipe in a domestic kitchen.
- 2 Next, a member of the cookery team makes the recipe in the **olive** test kitchen.
- 3 The recipe is then tested at our photo shoot. Some recipes are tested a fourth time at home by individual members of the **olive** editorial team – we're all keen cooks and often can't resist trying out a recipe we particularly love as soon as we've discovered it.



\* ON THE COVER



## eat away

Bargain holiday ideas and recipes from around the world

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Jamie Oliver's easy French menu

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How to get the best-value for your money in the Italian capital

### 108 INSIDER'S GUIDE TO NORTH DEVON

BBC Two's Martin Dorey recommends his favourite places to eat and drink

\* Testing our recipes three times or more may seem over-cautious, but mistakes can be costly, so we think it makes sense to ensure you get the right result every time.

\* We've also checked that the majority of ingredients are available to buy easily and provide online suppliers for those that are trickier to find.

\* If you need help with a recipe, please phone us between 9.30am and 5.30pm, Monday to Friday, and we'll be happy to help. Or email us at [oliveletters@bbc.com](mailto:oliveletters@bbc.com) and we'll get back to you as soon as possible.

⚡ This symbol means recipes can be frozen. Unless otherwise stated, freeze for up to three months. Defrost thoroughly before eating and heat hot food until piping hot.

**RECIPE QUERIES**  
020 8433 1402

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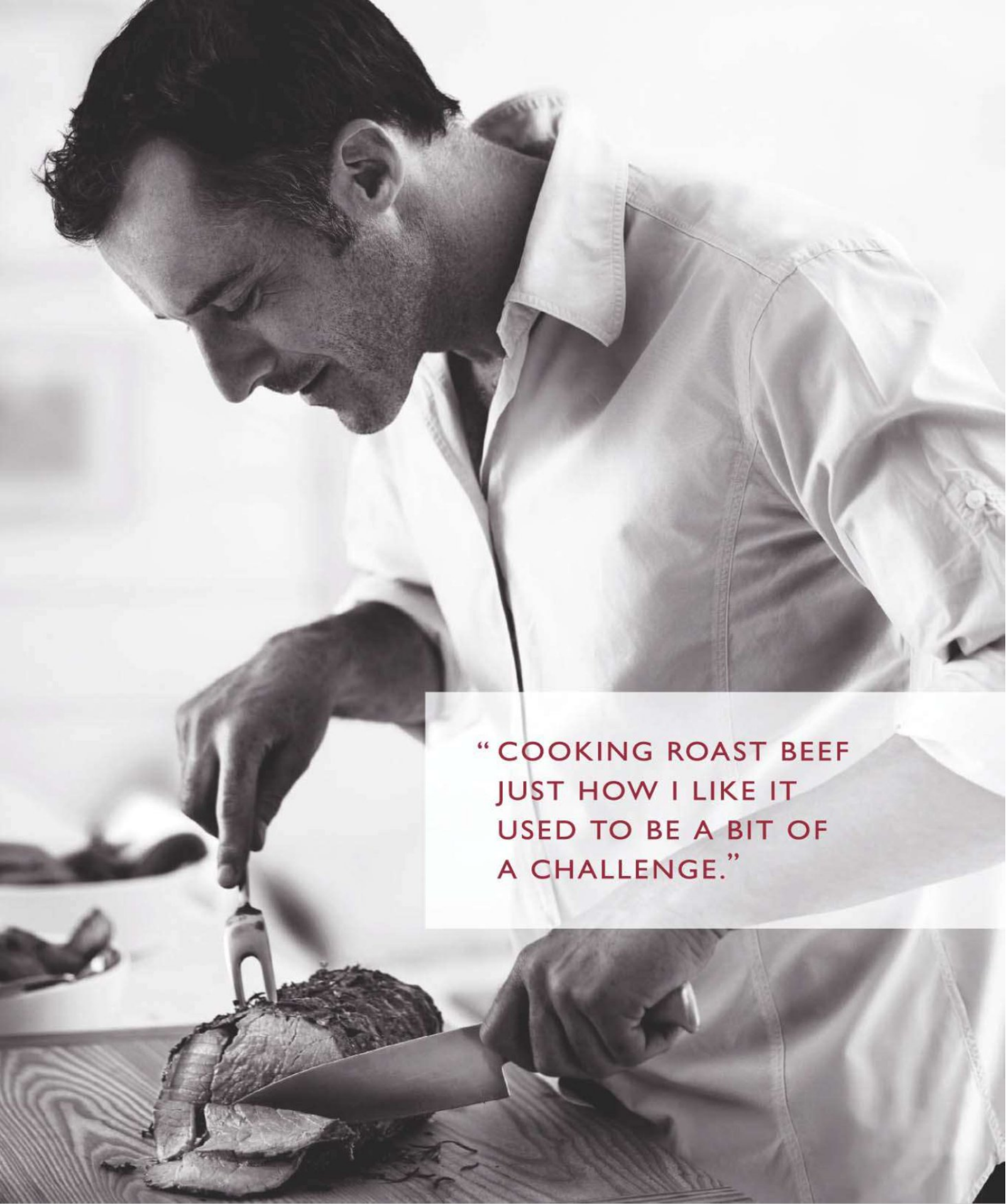
Look out for more mags and apps from BBC Magazines, on sale now.



Good Food magazine  
iPad app £1.79







“COOKING ROAST BEEF  
JUST HOW I LIKE IT  
USED TO BE A BIT OF  
A CHALLENGE.”

“NOW MY CIRCOSTEAM  
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PERFECTLY SUCCULENT  
EVERY TIME.”

Neff **CircoSteam®** technology uses a combination of steam and conventional hot air cooking to produce perfect results. When roasting or baking, this system keeps food moist on the inside while getting it crisp outside. It also allows you to roast, bake and steam different dishes on different levels simultaneously. **CircoSteam®** offers you a healthier way to prepare food because it reduces the amount of oil and fat needed in your cooking. For more information and tips for cooking perfect roast beef visit [neff.co.uk](http://neff.co.uk) or for a free brochure call 0844 892 9033.





# Over to you

Looking for a restaurant recommendation, a foolproof recipe, a new blog to follow or a tried and tested app? Just ask our readers

## olive STAR RECIPE



### Sticky toffee pudding

Since it appeared in **olive** back in February 2005, our traditional sticky toffee pudding recipe has proven a hit. Eliciting comments such as 'Amazing - there were arguments over the last piece' on [bbcgoodfood.com](http://bbcgoodfood.com), it's racked up 73 ratings of the maximum five stars.

#### HOW YOU PIMPED IT!

**sw77** I made it in a 2lb loaf tin for easy slicing!

**milk made** I added some chopped pecans just to give it a bit of a crunch. I also doubled the sauce so I could soak the cake.

**Paula** I store the toffee sauce in a jam jar in the fridge and it becomes spreadable when cooled down - reheat and it's liquid again.



### JOIN olive INSIDERS!

Sign up and we'll be in touch from time to time to ask your opinion on **olive** and everything food related. To join, visit [bbcmagazineinsiders.com](http://bbcmagazineinsiders.com)



## olive INSIDERS POLL

ANIMAL CLONING - good or bad news for consumers?

**46%**

BAD

**6%**

GOOD

**45%**

NOT SURE

\*To have your say, join olive insiders at [bbcmagazineinsiders.com](http://bbcmagazineinsiders.com)



\* For more of olive's recipes, go to [bbcgoodfood.com](http://bbcgoodfood.com)



## BEST FROM THE BLOG

**olive** chooses your best

comments from [bbcgoodfood.com](http://bbcgoodfood.com)

**What's hidden in your freezer and could you live without it?**

**Anneli** There is no way I could live without my freezer. I cook for one so make more than I need and freeze the leftovers.

**Lushious** The freezer is where food goes to die!

**Drusilla** I dread to think what's at the bottom of mine... I found some sprouts in there last year... from three years ago. I daren't dig any further.

\* To see the full blog and comments, go to [bbcgoodfood.com](http://bbcgoodfood.com)

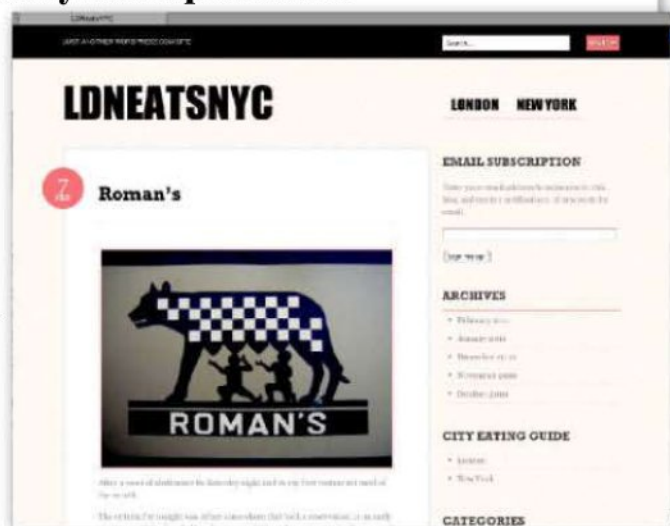
## READER BLOG OF THE MONTH [ldneatsnyc.wordpress.com](http://ldneatsnyc.wordpress.com)

**WE SAY** Look no further than pond-hopper Andrew Davis' blog for insider tips on alternative food experiences around New York. From stumbling upon specialist meatball shops to soda fountains and sourdough bread, Andrew makes it his mission to sample all manner of American delights. Well written and illustrated too.

**HE SAYS** 'My original aim was to write a blog so friends and family could keep up with my movements, but it developed into an excellent way to discover the city. I hope to expand the City Eating Guides so that no one has to suffer bad food just because they are in unknown territory.'

\*Do you write a really outstanding blog that's worth sharing with other olive readers?

Email [oliveletters@bbc.com](mailto:oliveletters@bbc.com)



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## ASK olive

WRITE TO THE olive EXPERTS AT [oliveletters@bbc.com](mailto:oliveletters@bbc.com)



COOKING  
LULU GRIMES



RESTAURANTS  
JESSICA GUNN



WINE  
VICTORIA MOORE



TRAVEL  
ALISON BOWLES

**Can you recommend a one-day Italian cooking course near to Florence or Lucca?** *P Faulkner, Northern Ireland*

**ALISON** Former restaurateur Lucia of Villa Lucia (close to Florence and Lucca; [villaluciaoftuscany.com](http://villaluciaoftuscany.com)) teaches hands-on day courses, €80. Learn to cook with Mediterranean veg and how to make fresh pastas and sauces - such as arugula (rocket) with garlic, hot pepper, anchovy and olive oil - and ice cream. Accommodation is available, doubles from €185. Villa Pandolfini ([villapandolfini.com](http://villapandolfini.com)) offers week and day courses. Its one-day A First Taste of Tuscany costs €140. For a blowout course, head to Gordon Ramsay's restaurant at Castel Manastero ([castelmonastero.com](http://castelmonastero.com)). You need to be a resident to attend (doubles from €385), with two- to four-hour options €170-€400.

### \* YOUR LOCAL KNOWLEDGE

**roswaring:** I went on a day course near Florence, Good Tastes of Tuscany. Fab day and learnt lots! ([tuscany-cooking-class.com](http://tuscany-cooking-class.com))

**FrancescaEdesia:** Divina Cucina offers the best cooking courses in that area of Tuscany and Florence. ([divinacucina.com](http://divinacucina.com))

**amyuncorked:** Wonderful course at Capezzana, 30 min drive from Florence. ([capezzana.it](http://capezzana.it))

**I've noticed some harissa pastes are much spicier than others. How do I know how much to use in recipes?** *Simon*

**LULU** Many recipes cannot be exact, as much depends on the type and quality of ingredients. Chilli and spice-based pastes, made to suit the palate of native cooks, are generally well flavoured and stronger. Look for paste made in its country of origin or by a company that sets out to be authentic. On most **olive** recipes we will say 'harissa 1-2 tbsp' as a starting point; you can always add more if you like things hotter.



## FOOD NATION LANCASTER

**olive** reader Jennifer Schofield shares her suggestions on where to eat in her home town

\* **BREAKFAST/LUNCH** The Whale Tail is a wonderfully relaxed vegetarian café serving home-cooked, seasonal food including full veggie breakfasts, £6.75, homity pie with salad, £5.95, and spicy bean burger with relish, salad and chips, £6.25. ([whaletailcafe.co.uk](http://whaletailcafe.co.uk))

\* **DINNER** Etna Pizza Pasta is what I call a proper Italian restaurant - the perfect place to go with a few friends and enjoy the cosy atmosphere and friendly service. (22 New St; 01524 69551)

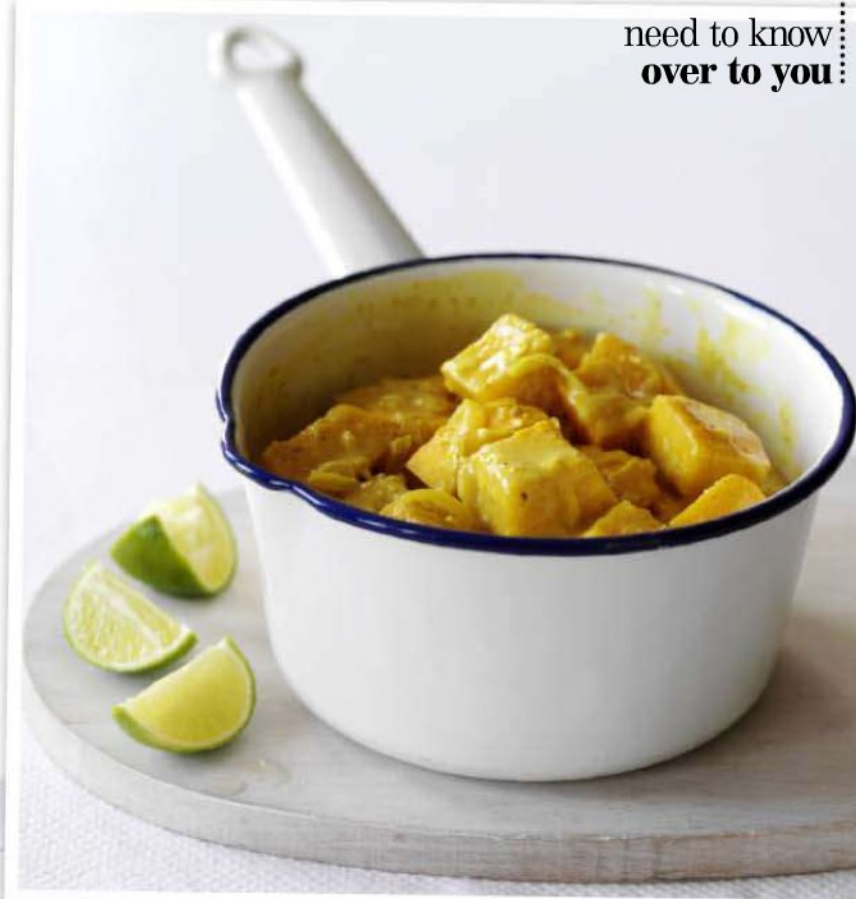
\* **DRINK** The Robert Gillows pub near Lancaster Castle feels like a country pub in the middle of a city. There's live music and delicious food - don't miss the sticky toffee pudding, £2.95. ([pubfoodlancaster.co.uk](http://pubfoodlancaster.co.uk))

\* **Can you recommend great places to eat in your home town?**

Email us at [oliveletters@bbc.com](mailto:oliveletters@bbc.com)

## WRITE TO US AND WIN!

Jennifer Schofield wins this month's of prize of 12 bottles of Cune Crianza Rioja. **Next month's winner will receive 12 bottles of Louis Jadot Pouilly Fuissé.**



## MY RECIPE Pumpkin curry

**olive** reader Chico Kidd writes: Reethi Rah is a resort in the Maldives.

Most of the chefs are Sri Lankan and I ate this veggie curry four nights running - even my omnivorous partner enjoyed it.

**olive** says: This rich, spicy curry would make a brilliant meat-free Monday supper.

## Reethi Rah pumpkin curry

40 minutes ■ Serves 4 ■ EASY

### CURRY POWDER

coriander seeds 3 tbsp

cumin seeds 1 tbsp

fennel seeds 1 tbsp

dried red chillies 1 tbsp

cinnamon stick 1, broken up

cardamom pods 1 tbsp

whole cloves 1 tsp

ground turmeric 1 tbsp

### FOR THE CURRY

pumpkin or squash 1kg, cubed

onion 1/2, sliced

red chillies 2, chopped

garlic 4 cloves, squashed

vegetable oil

black pepper 1/2 tsp

turmeric 1/4 tsp

thin coconut milk 350ml \*

thick coconut milk 100ml \*

curry powder (see above) 1 tbsp

lime juice 1 tbsp

■ Make the curry powder first. Heat a frying pan without oil and toast the coriander, cumin and fennel seeds until fragrant. Remove from heat, add the chillies, cinnamon, cardamom and cloves, and grind till fine. Mix in the turmeric and store in an airtight jar.

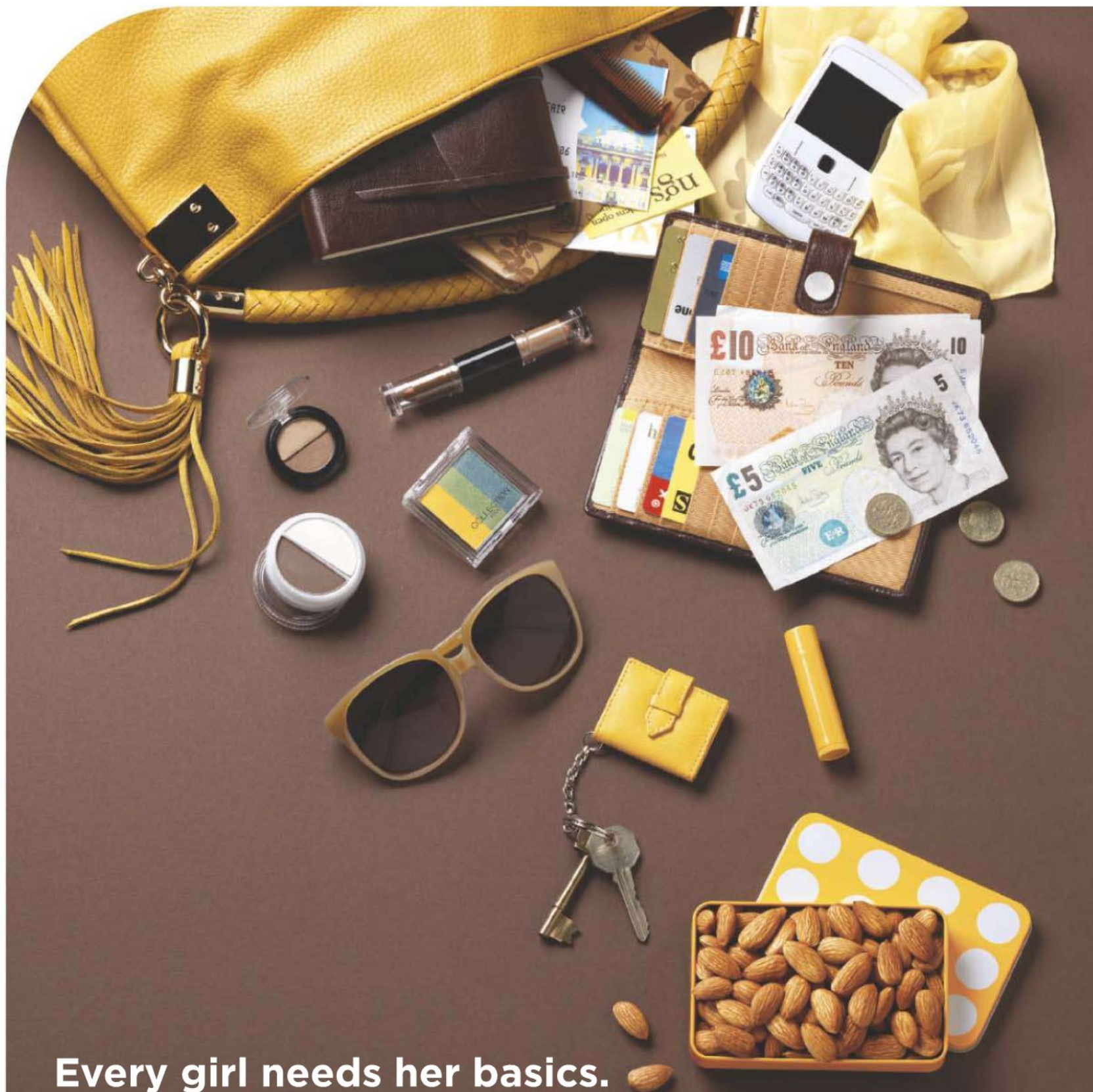
■ Heat the oil and fry the onion, garlic and chilli. When the onion is soft, add 1 tbsp of the curry powder and stir, then add the pumpkin, pepper, turmeric and thin coconut milk. Simmer until the pumpkin is done, around 10 minutes. Add the thick coconut milk and bring back to the boil. Remove from the heat and sprinkle with lime juice.

\***Note** Make coconut milk from a creamed coconut block. For thin milk, use equal quantities of creamed coconut and water; for thick, use one-quarter water and three-quarters creamed coconut.

■ **PER SERVING** 547 kcal, protein 6.5g, carbs 13.5g, fat 52.3g, sat fat 37.9g, fibre 2.8g, salt 0.06g

\***What's your favourite recipe?** Share it with other olive readers by emailing us at [oliveletters@bbc.com](mailto:oliveletters@bbc.com)





## Every girl needs her basics.

Lipgloss—critical. Sunglasses—maybe. And keys are pretty handy. But none of them can save you from hunger. Only a tasty, crunchy handful of almonds has what it takes to tame those unruly grumblings. Compared to other nuts, almonds are highest in 6 essential nutrients, including protein and fibre\*. Just what you need to get through even the most grueling day.

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\*Compared to other tree nuts, gram per gram, almonds are the nut highest in protein, fibre, vitamin E, calcium, riboflavin and niacin.  
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# Starters


This month's must buys, food trends and news, with an Easter twist

COMPILED BY Danielle Theunissen PHOTOGRAPH David Cotsworth



## MINI EGGS

Good news for those of us who like our Easter eggs on the small but savoury side - quail's eggs are cropping up in more and more restaurants. At Trinity in London, pig's trotter on toasted sourdough, fried quails' eggs, sauce gribiche and crackling (£7; pictured) is never off the starters menu. Edmunds in Birmingham has sea trout and Cornish crab with deep fried scallop, quail's egg, lemon and poppy seeds, and the Three Chimneys in Skye serves smoked haddock and hot smoked salmon with a quail egg mimosa. At home, choose free-to-fly eggs such as those by Clarence Court. Serve them with paprika salt, as they do at Salt Yard, or try **olive's** recipe for quail's eggs with dukkah, a take on an Egyptian snack:

[bbcgoodfood.com](http://bbcgoodfood.com). 





## GET COSY

New Cosy teas have great eco credentials - all are organic and the black teas are fairtrade. Our favourites are rooibos with vanilla, and refreshing peppermint and

blueberry with echinacea, from [creamsupplies.co.uk](http://creamsupplies.co.uk) (£1.99/20 bags). Fancy knitting your own tea cosy? Visit [cosy-tea.com](http://cosy-tea.com) for a free pattern.

## THE JURY'S OUT Flavoured chocolate



### THE CASE FOR

Have you ever read *Charlie and the Chocolate Factory*? Exciting, wasn't it? The great thing about it (apart from the brilliantly written story) is the fantasia of confectionery, conjured by Dahl, inspired by his own life-long love of chocolate that began in his schooldays. And today there's a generation of chocolatiers, weaned on his stories, bringing us flavours such as green tea, geranium, lime and vanilla, sea salt: the list goes on and on. I don't like them all; but I like them existing. Isn't life humdrum enough?

Gregor Shepherd

### THE CASE AGAINST

I grew up on Terry's Chocolate Orange and I'm still tapping and unwrapping it. I would happily spend an evening working through a box of Matchmakers and in my book, a minty Aero is not for sharing. My problem is the newer, wackier kids on the block. I've tried bars flavoured with Marmite, chilli and bacon (weird, vaguely acceptable and totally grim, in that order). But I'm drawing a big fat line at haggis, curry or wasabi chocolate. Even Willy Wonka wouldn't go there.

Janine Ratcliffe

### NEXT MONTH

**NO BOOK POLICIES**

facebook

Like it or loathe it? Join the debate on our facebook page - search 'olive magazine' to rate or slate flavoured chocolate.

## SUPERMARKET SWEEP

Stop by M&S to make this hearty and healthy supper

### Chorizo, bean and butternut stew

40 minutes ■ Serves 2 ■ EASY

Slice half a **Chorizo Extra** (£2.99/225g) into chunks and fry in a little olive oil. Add a bag of **Bean and Butternut Casserole Vegetables** (£1.29/400g) and stir. Add a tin of **Chopped Cherry Tomatoes** (61p/400g) and 100ml water and simmer for 30 minutes. Split between 2 bowls to serve.

TOTAL COST  
**£5.52**



12 olive



APRIL 2011





**PIE MAN** Prize for most spectacular pork pies to land in the office goes to these family-sized beauties from Derbyshire-based butchers, JW Mettrick & Son. The 100-year old shop knows a thing or two about pies, having just won the Football Pie of the Year Award. The free-range pork is supplied by a nearby farm then finished and butchered on site, so its quality control remains top notch. Just add English mustard. ([mettricksbutchers.co.uk](http://mettricksbutchers.co.uk); £4.14/660g)

## WINE LIST STARS GREYWACKE

**Make a note of Sarah Jane Evans  
MW's top drops**

The classic choice for lovers of New Zealand's sauvignons has long been Cloudy Bay, the ever-pricier wine that made NZ wine famous. However, insiders know that Cloudy Bay's head winemaker for 25 years, Kevin Judd, has moved on. His new wines are called Greywacke (pronounced greywack-ee), after the soils.

The first vintage of Greywacke sauvignon blanc (2009) sold out quickly, and the

second, 2010, promises to go just as fast. It's a deliciously pure, fresh wine, with tinges of herbs and grapefruit peel - and like the man himself, quietly spoken. There's more to enjoy in the range though still not in great quantities: a silky, rich pinot gris; a delicate, aromatic riesling; a 'wild ferment' sauvignon, part of it fermented in oak barrels without adding cultured yeasts, to create a complex, creamy, richer style; a late-harvest gewürztraminer and a pinot noir.

The 2010 sauvignon blanc is on the following wine lists: London: The Providores, Kai Mayfair; The Artichoke, Old Amersham, Bucks; The Angel Hotel, Bury St Edmunds, Suffolk. Retail stockists include: The Wine Society and [Swig.co.uk](http://Swig.co.uk). The widest range of Greywacke is at The Vineyard, an independent wine merchant in Dorking - visit it online at [wineunlimited.co.uk](http://wineunlimited.co.uk). (from £12.95; [greywacke.com](http://greywacke.com))



## need to know shopping.trends.news

### QUICK BITES

#### \* WAITROSE DUCK GYOZA

is our top choice for a light but filling lunch. Two minced duck stuffed gyozas in a light broth flavoured with star anise, plus pak choi, grated carrot and edamame - and just 160 calories a pot. (£2.99/400g, Waitrose)



#### \* MARK BROADBENT

Remember this Northern chef on an early series of *Great British Menu*? Find him now at 86 Fulham Road, where crackled confit of pork belly and treacle tart with stem ginger and clotted cream are winning him new friends. The 80s-style cocktail bar is fun, too. ([86restaurant.co.uk](http://86restaurant.co.uk))



#### \* HANDMADE HOKEY POKEY

Honeycomb centre double enrobed in Valrhona milk chocolate - think very, very, posh Crunchie. (£8.95/250g, [chocolate.co.uk](http://chocolate.co.uk))



#### \* PIGS' EARS

seen as a 'ragoo' on toast (with anchovy, onions and parsley) at Heston Blumenthal's Dinner and deep fried snacks at Covent Garden's Opera Tavern. ([dinnerbyheston.com](http://dinnerbyheston.com); [operatavern.co.uk](http://operatavern.co.uk))



#### \* COMIC CRISPS

Bag a comedian in crisp form this Red Nose Day (18 March). 5p from every bag of Stephen Fry Up, Jimmy Con Carrne, Frank Roast Dinner or Steak and Al Pie sold is donated to Comic Relief. ([walkers.co.uk/clashofthecomics](http://walkers.co.uk/clashofthecomics))





## CHOC FULL

Make the most of being stuck indoors during an April shower with these drinking chocolate beads from top chocolatier Sir Hans Sloane. Satisfy your sweet tooth with the milk chocolate beads, or for a serious cocoa hit, try the dark. Just stir into hot milk. (£8.50/300g, [sirhanssloane.com](http://sirhanssloane.com))



## GREEN OLIVE

Mazzard Farm ([mazzardfarm.com](http://mazzardfarm.com)) ticks all the boxes for a guilt-free holiday. Make your way there by public transport instead of car and the farm will provide bikes free of charge for your stay. The six cottages have superb kitchens and herb gardens, and you can buy your veg and eggs from the neighbouring farms, bringing food miles down to practically zero. Excellent nearby pubs include Jack in the Green ([jackinthegreen.uk.com](http://jackinthegreen.uk.com)) and The Holt (pictured; [theholt-honiton.com](http://theholt-honiton.com)). From £195 for a three-night weekend in a one-bed cottage.



## APRIL ESCAPE BARGAIN PARIS

Paris is famous for its fine dining Michelin-starred restaurants - but equally fine-dining prices. If you fancy something more original, check out the French cooking movement Le Fooding ([lefooding.com](http://lefooding.com)). It aims to promote modern, innovative cooking without the hefty price tag. Food editor Janine Ratcliffe's favourite Le Fooding restaurant is Chez L'Ami Jean ([amijean.eu](http://amijean.eu)) 'a cosy neighbourhood bistro where chef Stephane Jago creates hearty Basque-influenced dishes out of a tiny kitchen. Try the charcuterie board loaded with home-cured meats, rabbit rillettes and duck scratchings - it's a generous serving so you'll need a few friends to share it with'. Air France runs return flights to Paris from £79. To see the online guide to the city including its top ten Le Fooding restaurants visit [airfrance.co.uk](http://airfrance.co.uk).



## TRENDS WE LIKE LILLIPUTIAN TABLEWARE

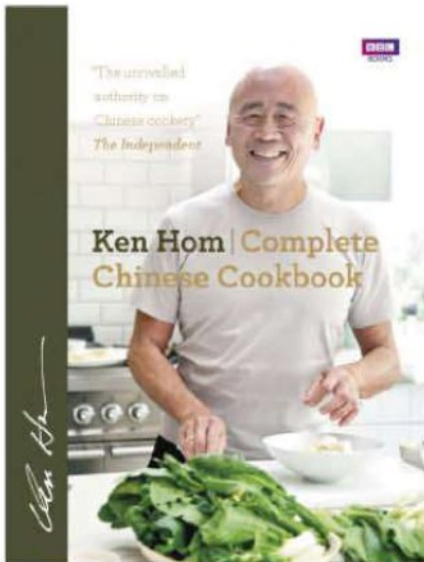
There's something about a Staub cocotte that brings out a chef's desire to shrink big dishes to dinky portions. From individual daubes at Bruno Loubet to casseroles at Boundary and cassoulet at The Bald Eagle, dishes are transformed from hearty to cute. Other Staub miniature dishes have the same effect - try the potato dumplings, roasted garlic aioli and smoked paprika at Barbican Lounge (pictured), and if they come bearing your side dishes, such as the mash at Atelier de Joel Robuchon, then

you are in a very smart restaurant indeed. Of course eating tiny portions is really nothing new when it comes to high-end cooking - dessert tasting plates have always played with pared down proportions - but the best thing about an actual three-spoon sized dish is that no one can make you share. Buy your own at [nisebets.co.uk](http://nisebets.co.uk), £39.99 for the miniature cocotte.





# BOOK OF THE MONTH KEN HOM'S COMPLETE CHINESE COOKBOOK



Ken Hom's name is synonymous with Chinese cooking in this country, and *Ken Hom's Complete Chinese Cookbook* is a fantastic collection of recipes that are useful for entertaining, such as chilli pork spare ribs, braised duck, salt roast chicken and Sichuan-style scallops. For every day, try chicken and spinach soup, cashew nut chicken or aubergine with sesame sauce, and if you need a hit of comfort food, try chicken fried rice or Beijing braised lamb with Chinese pancakes. There is a glossary of ingredients and equipment in the front, and techniques are explained thoroughly. If you don't already own a Chinese cookbook, this would be a great investment, and if you already cook Chinese food there are plenty of new ideas. (BBC Books, £25 olive offer £22.50 with free UK p&p. For olive book offers call 01872 562313)

## Beijing (Peking) braised lamb

■ Serves 4 ■ A LITTLE EFFORT

The Chinese usually cook mutton and goat rather than lamb, which is scarce, and have many exciting ways of braising both these meats with spices that help to mask their strong taste. This tasty and filling family dish is perfect for the winter. It goes well with plain steamed rice or wrapped inside Chinese pancakes.

boned shoulder of lamb 450g  
spring onions 2  
fresh ginger 2 slices  
groundnut or vegetable oil 1 tbsp  
onion 1 small, finely chopped  
BRAISING SAUCE  
chicken stock 900ml  
star anise 2 whole  
Chinese rock sugar 50g, or ordinary sugar  
dark soy sauce 3 tbsp  
Shaoxing rice wine or dry sherry 3 tbsp  
Chinese cinnamon bark or cinnamon stick 1  
sesame paste or peanut butter 2 tbsp  
hoisin sauce 2 tbsp

■ Cut the meat into 5 cm cubes. Next, blanch the lamb by plunging it into boiling water for 5 minutes. Then remove the meat and discard the water. Slice the spring onions at a slight diagonal into 7.5 cm pieces.  
■ Heat a wok or a large frying pan over a high heat until it is hot. Add the oil, and when it is very hot and slightly smoking, add the pieces of lamb and stir-fry them until they are brown. Add the spring onions, ginger and onion to the pan and continue

to stir-fry for 5 minutes. Transfer this mixture to a large casserole or pan and add the braising sauce ingredients. Bring the liquid to the boil, skim off any fat from the surface, and turn the heat down as low as possible. Cover and braise for 1½ hours, or until the lamb is tender, skimming off any surface fat from the sauce. Arrange the cooked meat on a platter and serve with the sauce. Any leftover sauce can be frozen.



## THREE OF THE BEST EASTER EGGS

\* Burnt Sugar Milk Chocolate Honeycomb Egg, £8.99/Waitrose  
\* Betty's Cru Sauvage Easter Egg with handmade truffles, £25/bettys.co.uk  
\* Godiva Nougatine Easter Egg £60/godiva.be







# FOOD EDITOR'S CHEAT LIQUID EGG WHITES



Have towering piles of chocolate-swirled meringues in smart bakeries inspired you to create your own? Liquid egg whites make it dead easy - smart chefs have been using them for years to create perfect, egg shell-free meringues. The

eggs in the Two Chicks brand are free-range to boot, so you can support responsible farming at the same time. (£2.89/500g - equivalent to 15 egg whites; widely available, [twochicks.co.uk](http://twochicks.co.uk)). Turn to page 121 for a recipe.



## ONE TO WATCH LONDON COCKTAIL CLUB



JJ and James, winners of BBC Two's *The Restaurant*, have opened The London Cocktail Club, with backing from their mentors on the show. The basement bar is open for lunch as well as drinks, from bar snacks like parmesan and rosemary popcorn, cheese and meat boards and sides such as a tankard of chips with cocktail sauce. As well as kitsch classics in quirky glasses, like this strawberry daiquiri, there's a list of 'London Contemporary' drinks including **olive's** favourite bacon and egg coupet - bacon-infused bourbon with smoked bacon, shaken with lemon, sugar and egg white - topped with a slice of smoky **bacon** (all £9). With plans for expansion if the bar is a success, JJ and James could be coming to a city near you soon. ([londoncocktailclub.co.uk](http://londoncocktailclub.co.uk))





# WIN a luxury weekend for two in London!



Charlie Bigham's



Charlie Bigham's, makers of delicious meals for two, are offering **olive** readers the chance to win a romantic break in London. A perfect chance to leave the stresses and strains of everyday life behind and just relax and enjoy each other's company for a long weekend in London's lavish West End.

This fabulous prize includes a romantic dinner for two including champagne at award-winning Racine in the heart of Knightsbridge. The lucky couple will also enjoy a two-night stay at The Colonnade; a beautifully restored Victorian townhouse hotel located in London's Little Venice, between Regent's Park and Hyde Park. The winners will also receive a fantastic hamper of Charlie Bigham's meals delivered to their door.

Three lucky runners up will also have the chance to win a week's worth of Charlie Bigham's goodies.

For over 14 years, Charlie Bigham has been making delicious food with all the care and attention you would if you had the time. After all, what a better way to spend an evening than chatting, laughing and sharing a wonderful meal. (For more information visit [bighams.com](http://bighams.com); [racine-restaurant.com](http://racine-restaurant.com); [theetoncollection.co.uk](http://theetoncollection.co.uk))

## TERMS AND CONDITIONS

1. The promoter is Bigham's Ltd, London. 2. The promotion is open to residents of the UK over the age of 18 only. 3. One entry per person. 4. The closing date is 30th April 2011 and the winner will be contacted within 28 days of this date. 5. No cash alternative. 6. Travel and travel insurance is not included. 7. The taxi on the evening of the meal will be pre-booked for a direct journey between the hotel and the restaurant. If the winner wishes to adjust the journey the difference in price must be paid for by the winner. 8. This prize cannot be booked on 28th & 29th April, 20th to 28th May and 20th June to 3rd July. 9. The break must be taken before September 1st 2011. 10. The Charlie Bigham's goodie bags will be delivered to any UK address. 11. The accommodation is subject to availability and full details of the room will be provided by The Colonnade Hotel once the winner has been announced.

\* **FOR YOUR CHANCE TO WIN** send your name, address and contact number to **olive** April 2011 Charlie Bigham's Giveaway, P.O.Box 501, Leicester, LE94 0AA, or go to [bbcgoodfood.com](http://bbcgoodfood.com) and click on competitions.

Mondale, Tuesdale,  
Wednesdale, Thursdale,  
Fridale, Saturdale & Sundale



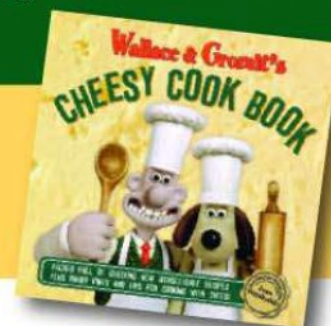
## Everyday should be a Wensleydale

When a cheese tastes as good as ours, not a day goes by when you won't want to have a nibble. Whether it's in a sandwich, on a jacket potato, as a pasta sauce or just pure and simple on its own...there are so many ways to enjoy Wensleydale.

And the secret to such a moreish and unique flavour is that real Wensleydale cheese has real Wensleydale milk in it. For over 100 years we have only used cows' milk from local family run farms, where the limestone meadows flavour the grass in a way the cows just love. Happy herds equal happy cheese.



Free **Wallace & Gromit** Cheesy Cook Book with every promotional pack of Real Yorkshire Wensleydale\*



Find your slice of time in the Wensleydale

Available now in delis and supermarkets  
[www.wensleydale.co.uk](http://www.wensleydale.co.uk)



\*Wallace & Gromit promotional packs available nationwide from February to May, while stocks last. Terms and conditions apply - see pack for details. ©&™ Aardman Animations Ltd 2010. All rights reserved.



**Beside the Seaside**

Quirky coastal pieces that add a timeless charm to your home. Or beach hut. Or even lighthouse.

Inspiration for every home

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Inspiration for every home

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**John Lewis**  
johnlewis.com



need to know  
eat well, spend less

# Bargain hunter

**olive** tracks down this month's best-value food events, meals and deals Words CAROLINE SHAW

All prices  
PER HEAD  
excluding travel

## ★ £5-A-HEAD DINNER FOR FOUR *with wine*



- ★ Peppadews stuffed with tapenade and mozzarella (p78) £3.10
  - ★ Slow braised pork shoulder (p58) £6.61
  - ★ Choc brownie pecan tart (p82) £4.70
  - ★ Vina Decana Reserva, Spain, 13% (p22) £4.99
- Total **£19.40\***  
(£4.85 per head)

## ★ THE £20 RESTAURANT ABERGAVENNY

If you have yet to visit **The Hardwick** in Abergavenny, the brilliant value set lunch menu at £18.50 for two courses (weekdays and Saturday) makes now a good time. Chef, owner and star of BBC Two's *Great British Menu*, Stephen Terry, trained in some of London's top restaurants but the cooking here is firmly focused on hearty classics rather than fine dining. **olive** particularly enjoys the low-key atmosphere – you're positively encouraged to enjoy a pint or two of local Wye Valley ale in the oak-beamed bar before heading through to the dining room. At lunch, enjoy dishes such as braised and pressed ham hock with a fried organic egg and triple-cooked chips, followed by gorgeous medjool date loaf with toffee sauce and crème fraîche. (thehardwick.co.uk)



PHOTOGRAPHY: MYLES NEW. \*TO SEE HOW WE WORK OUT OUR COSTINGS, TURN TO PAGE 120. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

## ★ £50 DAY TRIP CUMBRIA



■ **MUST DO** The magnificent **Holker Hall** isn't just a lovely place to visit – it also hosts a monthly food market. Visit on 3 April to browse stalls featuring the region's best ingredients. You can also sample and buy meat from **Holker Estate's** own farm, including Shorthorn cattle, and Herdwick and saltmarsh lamb. (holker.co.uk)

■ **BREAKFAST** Head to **Holker Hall's** inviting courtyard café (open from 10.30am) for generous chunks of cake, such as lemon Victoria sponge, baked fresh each day, with a pot of tea, £3.25. Before you leave, tour the Food Hall for brilliant local produce such as Lyth Valley damson jam, £3.15.

■ **LUNCH** Ten minutes' drive up the road you'll find Cartmel – a small village packed with artisan shops. Explore Cartmel Cheeses, the Bread Shed bakery and **Cartmel Village Shop**, which sells the famous Cartmel sticky toffee pudding, from £1.70. Cartmel is also home to **Rogan & Company**, the more relaxed (and affordable) sister restaurant to the Michelin-starred L'Enclume (also in Cartmel). Tuck into dishes such as Irish sea fish pie with broccoli and St James cheese, £12.95, followed by gooseberry posset (sweet spiced hot milk) with lemon shortbread, £5.95. (roganandcompany.co.uk)

## ★ THE £100 COOKERY CLASS HALIFAX

First admire the impressive exterior of Halifax's **The Cooking School**, in the converted 19th-century Dean Clough mill buildings. Then head inside to be wowed by state-of-the-art facilities.

Hands-on classes take place in the shiny new kitchen, with each attendee getting their own fridge, station and utensils. Topics range from knife skills and working with fish to Italian cooking and entertaining menus, with expert tuition from resident head chef Matthew Benson-Smith. Those with a sweet tooth should try *Sweet Seduction* (2 April; £80): an afternoon spent learning how to make the perfect fruit scones, tartlets, fruitcake and cupcakes. The day ends with a cuppa and time to enjoy some of the baked goods created during the class, before boxing up the rest to take home. (thecookingschool.co.uk)



*The British Asparagus Festival launches in Evesham on 23 April with a day of food and festivities, and runs until 21 June. Look out for asparagus tours and local pubs and restaurants offering asparagus-themed menus. (britishasparagusfestival.org)*



**“what shall I do today...  
run, jump or play?”**

Freda Roam, happy egg co. farm resident



**Imagine you're a hen, on a  
happy egg co. farm...**

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Yes, things are certainly different on a happy egg co. farm. And, best of all, happy hens lay happy eggs, and happy eggs are wonderfully tasty.

To enjoy our delicious recipes, visit  
**[www.thehappyegg.co.uk](http://www.thehappyegg.co.uk)**



need to know  
**booze**

# Drink up

The best high street wine bargains, a *Mad Men*-inspired cocktail and a bar with a view

Words SARAH JANE EVANS MW and JESSICA GUNN



## BAR OF THE MONTH **OXO TOWER BAR**

**olive** is a big fan of our local, but there are times when we want to go somewhere a bit more special – a bar with a killer cocktail list, slick service, swanky interiors and views to sigh over. Top of our list is the revamped fourth-floor bar at the Oxo Tower, where you'll find all of the above, and more. The cocktail list is hot on classics but there's also a brilliant line-up of more novel creations. For full dramatic effect, order the Pleasure Boat – a mix of spiced rum and almond syrup shaken with pineapple, passion fruit, lime, falernum and aromatic bitters. Served in a tiki glass, it arrives topped with a hollowed-out passion fruit full of rum, which is set alight at the table. The bar's interior has a cruise liner feel, with yellow tub chairs and green bar stools. Best seat in the house is one of the booths overlooking the river. (Cocktails from £9.95; harveynichols.com)

## HIGH-STREET WINES

TRY A NEW WINE THIS MONTH WITH OUR HANDY, STICK-IN-YOUR-WALLET GUIDE

**Los Unidos Fairtrade Carmenère Cabernet Franc 2009, Chile, 13% (£6.49, Waitrose, Nisa-Today's, Booths)**

A former award-winner, the cab franc in this wine brings a refinement and freshness to the rich plum fruit of the carmenère.

**Pinot Grigio Frunza 2009, Romania, 12.5% (£5.99, or £4.79 in box of mixed six, Oddbins)**

This is a remarkably easy white wine to drink. It feels Italian but comes from Romania.

**Yali Winemaker's Selection Sauvignon Blanc 2010, Rapel Valley, Chile, 13% (£4.99, majesticinfrance.co.uk)**

A welcome change from the usual gum-tingling zestiness of New World sauvignons, this wine has an extra roundness, a little more texture and enough acidity to refresh.



## BARGAIN OF THE MONTH

**Viña Decana Reserva, Utiel-Requena, Spain, 13% (£4.99, Aldi)**

The vines for decana grow inland from Valencia in the heat. The result is an award-winning bargain that is ripe, supple and plummy with notes of vanilla and smoke.



ONLY  
£4.99



75ml



125ml



250ml

## TRENDS WE LIKE **SMALLER MEASURES**

Ever find a pint just a little bit too much but half not enough? Or fancied sampling several types of wine at the bar, without having to have a whole glass of each? Good news then, as the government has announced plans to ditch 300-year-old regulations dictating what size drinks we can order. For beer drinkers, this means you'll be able to order a new two-thirds of a pint measure – great for sampling more top British artisanal craft ales such as BrewDog's Punk IPA, Brimstage's Oyster Catcher stout, or Titanic's White Star. Wine lovers also take note – why have one glass of wine with your charcuterie when you can have several smaller glasses. Slightly randomly, the new rules also mean bakers will no longer be confined to making unwrapped loaves in specified weights, leaving artisan bakers everywhere free to innovate.

## SOMMELIER SPEAK **VINTAGE**

Vintages matter. Wine varies with the weather, especially in cooler climates. The exceptions to this rule are cheap wines, or blends such as non-vintage champagne. If the wine list shows the vintage of a wine then check that the sommelier brings the advertised one. Many white wines are bottled within six months and are best drunk within the next 12 months. A good sommelier can advise on whether any wine is at its best.



PHOTOGRAPHS: ADRIAN TAYLOR; GARETH MORGANS. ILLUSTRATION: MARK WATKINSON. STYLING: SARAH BIRKS. COCKTAIL: DANIELLE THEUNISSEN. ALL PRICES CORRECT AT TIME OF GOING TO PRESS.





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# ASDA *Chosen by you*

We believe customers are the best judges of the quality of our food. More than 200,000 individual tastings have taken place and it's only when our products meet your high standards that we put them in our *Chosen by you* range.



**£5** Fresh Tastes spiced chicken with roasted vegetables and Harissa-spiced yogurt and apricot dressing 845g

*Tried, tasted and chosen by you.*

**ASDA** **SAVING**  
YOU MONEY EVERY DAY

Majority of stores. Available while stocks last. Online prices may vary from those in-store. Offer available from 8am on Wednesday 2nd March 2011. Chosen by you Fresh Tastes Spiced Chicken 845g (£5.92 per kg). Photography shows serving suggestion.



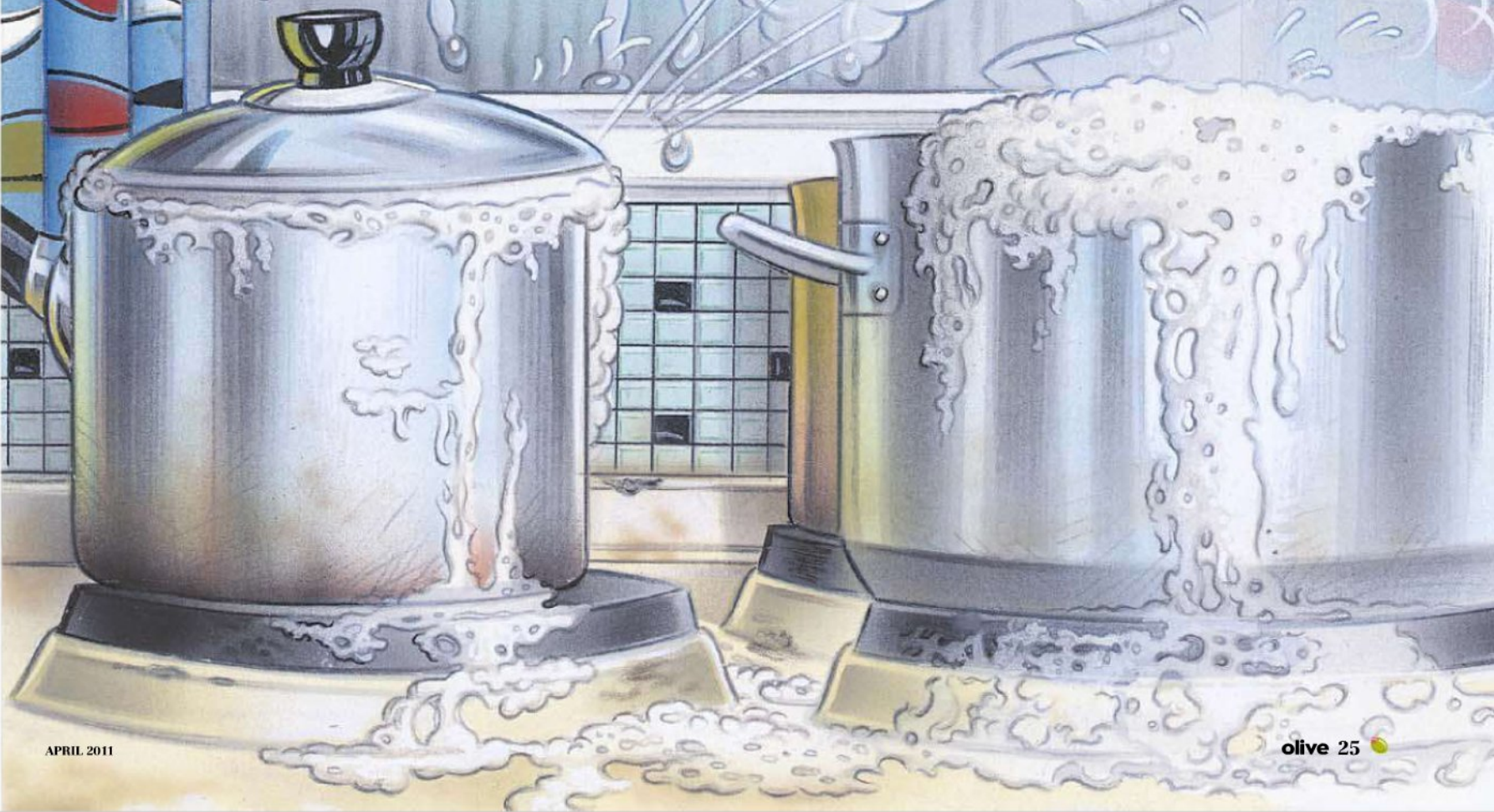
# Keep it Clean

Clean up your  
act and avoid  
the top 10 dangers  
lurking in your kitchen  
with **olive**'s food  
hygiene quiz

\*Answers on page 28

Words RHODRI MARSDEN

Illustration MICK BROWNFIELD





## After washing up, you realise you've been using the same dishcloth for about three months.

### DO YOU

- a) Wash everything up again using a new dishcloth you went out specially to buy?
- b) Write 'dishcloth' on your hand to remind you to buy one next time you're shopping?
- c) Throw it in the sink and forget about it until next time?

### GET IT RIGHT:

It makes no sense to use a bacteria-filled piece of material for weeks on end. Change dishcloths regularly, or wash and dry them if you're on an economy drive. Also remember that tea towels (where we so often wipe our hands) are another place bacteria like to lurk. Wash tea towels regularly and, if they come into contact (directly or indirectly) with raw meat, wash immediately. Use disposable paper towels if in doubt.

## A dinner guest sees that you don't use colour-coded chopping boards and expresses surprise.

### DO YOU

- a) Go online, buy red, green, blue, yellow, brown and white boards, and show them the receipt?
- b) Patiently explain your own system, which you think works just as well?
- c) Cheerfully wipe your only board with a nearby dishcloth?

### GET IT RIGHT:

Following the rules to the letter and having separate boards for fruit (green), vegetables (brown), dairy (white) and cooked meat (yellow) is probably going overboard in a domestic kitchen, but having a dedicated raw meat board is a good idea. A cleaning routine for that board, involving very hot water and detergent, is essential.

## You get up in the morning and your kitchen feels colder than your fridge does.

### DO YOU

- a) Turn down the fridge's temperature control and check an hour later with a thermometer?
- b) Shut the fridge door and investigate your boiler?
- c) Leave the fridge door open in an attempt to warm up the room?

### GET IT RIGHT:

To stop the growth and spread of bacteria, your fridge's temperature, ideally, should be between 0°C and 5°C. The temperature creeps up when the fridge is full, so it's a good idea to nudge the control down after a large shopping expedition. Fridges also warm up if you put hot food inside, so always wait for it to cool down first. Another obvious but essential point: keep the fridge door shut.

## You notice a stain on your worktop that's been there for at least a fortnight.

### DO YOU

- a) Immediately attack it with disinfectant or sanitiser?
- b) Add disinfectant or sanitiser to your shopping list?
- c) Leave it. It hasn't done you any harm so far so there's nothing to worry about?

### GET IT RIGHT:

Thanks to certain TV shows, we're very aware of the neglect to which some people subject their kitchens. Yet many of us still fail to follow rules, such as the need to wipe up any spilt food and to thoroughly wash surfaces touched by raw meat or eggs. It's also worth knowing that detergent is just soap. Soap removes grease but you need disinfectant or sanitiser to kill germs.



**While defrosting soup, you vaguely remember defrosting that same batch last week.**

**DO YOU**

- a) Pour it away and make some more?
- b) Have a bowlful but discard the rest?
- c) Keep reheating and refreezing until either the soup's all gone or you're feeling unwell?

**GET IT RIGHT:**

Thawing food can awaken bacteria that were put into suspended animation when the food was initially frozen. Each time you thaw, the number of bacteria in the food can increase. You may read conflicting advice about refreezing various foods, but the safest approach is not to do it at all – especially with meat.

**A fillet steak you bought is now two days past its best-before date, but it looks OK.**

**DO YOU**

- a) Check the meat thoroughly for odour and signs of discolouration?
- b) Throw it on the grill pan for lunch – once it's cooked, it should be OK?
- c) Put it back in the fridge for tomorrow and order a takeaway instead?

**GET IT RIGHT:**

Note the distinction between 'best before' and 'use by'. 'Best before' means just that; the food might lose some flavour or texture after that date, but it's still edible. No-one wants to waste food so it's really up to you. In other words, 'best before' is about quality rather than safety. By contrast, 'use by' means a product should not be consumed after that date. The only exception is eggs; in this case, 'best before' really does mean 'use by'.

**Your barbecue guests have turned up with so much raw meat that your kitchen resembles a butcher's window.**

**DO YOU**

- a) Put it all in the fridge, even if it means removing the beer?
- b) Leave it where it is – it'll be eaten soon enough?
- c) Stack it up in the garden, which happens to be bathed in glorious sunshine?

**GET IT RIGHT:**

Raw meat is one of the biggest kitchen hygiene risks. Keeping cooked meat and raw meat away from each other is extremely important, as is hand-washing. Store raw meat in clean, sealed containers on the bottom of the fridge so no juices drip down onto other food or shelves.

**The leftovers from last night's chicken and mushroom pie look perfect for lunch.**

**DO YOU**

- a) Heat the oven, put it in for 25 minutes and check with a thermometer before eating?
- b) Eat the pie cold?
- c) Start warming it through in the oven, but get impatient after five minutes and tuck in?

**GET IT RIGHT:**

Bacteria can survive initial cooking, or contaminate food after it's cooled. Thorough reheating is the only way to ensure that any nasties are killed off, but eating food cold will almost never harm. Meat is a greater concern when reheating, and needs to reach 70C (red) or 80C (white) to destroy bacteria. Liquids should be boiled, and all reheated food served straight away. 🍴



need to know  
**kitchen clean-up**

## You've got lots of rice left over after preparing an olive recipe for lamb and spinach curry.

### DO YOU

- a) Throw it away immediately. Cooked rice is a well-known hotbed of food poisoning?
- b) Put it in the fridge for another day?
- c) Leave it in a covered pan on the stove for tomorrow's dinner?

### GET IT RIGHT:

The big risk with rice is slow cooling, storage at the wrong temperature and inadequate reheating; both can allow bacteria called *bacillus cereus* to thrive. It's best to measure out and only cook the rice that you need but, if there are leftovers, they need to be cooled quickly (under cold running water is best), kept refrigerated and reheated to 100°C before being eaten. Simply 'warming through' is not a good idea.

## Your cat has taken to visiting you in the kitchen while you're cooking.

### DO YOU

- a) Take him outside, then sterilise your hands with antibacterial hand gel?
- b) Yell 'You're not supposed to come in here!' while continuing to roll out pastry?
- c) Put him on the worktop and feed him scraps?

### GET IT RIGHT:

Pet-stroking is just one of the ways our hands can spread bacteria. Hands are the ultimate carrier: from food to fridge handles, taps, towels, aprons, can openers and so on. Wash and dry hands before preparing food and after touching raw meat, the waste bin or pets.

## How did you do?

**mostly 'a'** You're a hygiene expert – perhaps obsessively so. Yours may not be the most relaxed and carefree of kitchens, but no-one's going to have a dodgy tummy after eating food that's prepared in it.

**mostly 'b'** You've got an inkling about the dos and don'ts of food prep, but a refresher course wouldn't go amiss. The chances of you poisoning your guests is minimal, but ideally you'd cut those chances down to zero.

**mostly 'c'** It sounds like your kitchen presents a threat to your health. Start from scratch: empty your fridge and clean your kitchen. Take this quiz again and again – until all your answers are 'a'.

★ Correct answer is 'a' to all questions

## olive's quick tips for a cleaner kitchen

■ **DESCALE YOUR KETTLE** Dedicated descaling products are available but decent results can be achieved with items already in your cupboard. Mix equal parts white vinegar and water, and leave it in the kettle for one hour without boiling. Or quarter a lemon and put in the kettle, fill with water, boil once or twice and leave to cool. Afterwards, rinse four or five times before using.

■ **FIGHT MOULD** Keeping your kitchen ventilated – and wiping away condensation when you notice it – is the best way to stop mould taking hold. To attack specific patches, mix equal parts water and bleach and put the solution in a spray bottle. Apply to the mouldy areas; when it changes colour, the

solution is doing the trick. Afterwards, rinse and wipe thoroughly with paper towels.

■ **REMOVE PAN STAINS** You can solve discolouration in a number of ways, all of which begin with filling the pan with water. Add either 2 tbsp of cream of tartar for every litre of water, a couple of pieces of rhubarb, or a whole lemon cut in half. Bring the water to the boil and bubble for around 10 minutes. Then clean again. It should be easier now.

■ **GET YOUR WINE GLASSES TO SPARKLE** Wash the glasses in a bowl containing hot water, washing-up liquid and a couple of teaspoons of bicarbonate of soda. Rinse them in clean, cold water, then dip

them in a bowl containing cold water mixed with a splash of white vinegar. Leave to dry naturally.

■ **CLEAN YOUR OVEN** A dirty oven isn't necessarily hazardous to health. But giving it a thorough clean every few months will stop your kitchen smoking out whenever the heat's turned up. There are no shortcuts: use heavy-duty oven cleaner and a lot of elbow grease. Removing the oven door from its hinges (usually an easy job) will help you clean it more thoroughly. To make shelves shine, spray them with cleaner and place them in a bin liner. Tie it shut and leave for an hour or so before rinsing.





# Fish+k

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# CLONING: FRIEND OR FOE?

Does cloned food pose a risk to our health or is it a technological breakthrough that could help feed a hungry world? Joanna Blythman investigates

**U**nless you came top of your biology class, you may find the concept of food from cloned animals a little tricky to grasp. Cloning sounds far removed from daily life, like something from a sci-fi movie. But it may be closer to home than you think. Indeed, you could already be eating cloned food without knowing it.

Last year, when it emerged that milk and meat from the offspring of cloned animals had already entered the British food chain, the government claimed it was powerless to prevent it. It's now going further, and pushing for food from clones and their offspring to be sold freely, without a label that would allow shoppers to distinguish it from ordinary food.

So should we accept cloned farm animals as inevitable, or does this technology raise concerns that are too serious to ignore?

## \* SPOT THE DIFFERENCE

Cloning is a relatively new method of producing genetically identical animals. Animal breeders take genes from the cell of one animal, fuse it with genetic material from a female animal's egg so that it develops into an embryo, and transplant this into a surrogate mother. Why would animal breeders and farmers go to such lengths when animals will breed naturally anyway? It allows them to make identikit copies of their most productive, or prize, animals – the best milker, the leanest, fastest-growing pig, for instance – and so increase the milk and meat output of a herd. Breeders argue that it could help feed a hungry world. Critics say it could escalate factory farming to alarming levels.

## \* SAFE TO EAT?

The Food Standards Agency (FSA), on advice from the Advisory Committee on Novel Foods and Processes, says that

meat and milk from cloned animals is safe for humans to eat – 'hypothetically speaking'. This view is based on the assumption that since the primary DNA sequence is unchanged, cloned food is no different from its non-cloned equivalent. Obviously, because cloning is such a new technology, no long-term trials looking at its effects on humans or animals have been carried out. The FSA acknowledges that 'the current evidence on the composition of meat and milk is relatively limited'. To be precise, it admits there is 'no data on the composition of meat or milk obtained from the descendants of cloned cattle'. This lack of data means it is impossible to say with confidence at present that cloning is entirely safe. In theory, there is much to go wrong. Opponents of the technology have pointed out, for instance, that by narrowing the genetic base of our flocks and herds, cloning could make them more susceptible to disease. This could have negative effects on future food production, as well as the health of humans and animals.

## \* PRODUCTION AT A PRICE

While the jury is out on the safety, or otherwise, of milk and meat from clones, a body of evidence is piling up about the adverse impacts cloning has on animal welfare. Some farmers argue that it is nothing more than a sophisticated breeding technique and no more controversial than artificial insemination, but the fact remains that clones and their surrogate mothers suffer a variety of health problems. The cloned embryos have to be implanted into a surrogate mother using an invasive and potentially painful surgical procedure. Many miscarry, while others have difficulty giving birth naturally and require a Caesarean because the calves are bigger than normal. The offspring of clones are rarely healthy. In one study of 93 cloned



**Joanna Blythman** is an award-winning food writer and journalist, commenting on radio and TV. Her latest book is *Bad Food Britain: How a Nation Ruined Its Appetite* (Fourth Estate, £7.99; **olive** offer £7.20, with free p&p. For **olive** book offers, call 01872 562313).

sheep, only 12 reached full-term development. Of these, all were dead within a month because of various weaknesses. On average, 42% of cattle clones die between delivery and 150 days of life.

The US Food and Drug Administration and the European Food Safety Authority both accept that cloned animals suffer from more infections than conventionally bred livestock. The latter has concluded that the health and welfare of a significant proportion of clones is adversely affected. The expert European Group on Ethics says that it can find no ethical justification for cloning animals for food, given the level of animal suffering involved.

## \* CAUGHT ON THE HOP

Cloned food has taken regulators unawares. In Europe, it is illegal for farmers to create 'first generation' clones for use in agriculture, but they are allowed to import live clones or cloned embryos for breeding purposes. These currently come from the US, the country that is driving the technology. Last year, when meat and milk from clones and their offspring went into the UK food supply, this was technically illegal because it required permission under 'novel foods' regulation and no such application had been made. However, the government said that it was powerless to prevent it because the international trade in embryos and semen from cloned animals was already so widespread and well established in the UK that it could not now be stopped or regulated.

Throughout continental Europe, meanwhile, opposition to cloned food has been intense. Last summer, the European Parliament voted for a five-year moratorium on cloned food entering the food chain until legislation prohibiting the cloning of animals for food could be put in place. More recently, the



European Commission has acted on the parliament's sentiments and proposed a five-year ban.

### \* BATTLE OF THE CLONES

The very idea of food from clones and their progeny appears to be deeply unpopular. As a barometer of public opinion on the issue, a *Which?* survey found that 80% of British people were concerned about eating dairy or meat from cloned animals. In the same survey, 91% of those polled thought that foods produced using cloned animals should be clearly labelled, so they will be dismayed if the UK government sticks to its position that cloned food needs no distinguishing label. In this event, the only sure way to avoid food from clones will be to buy organic food, because organic standards prohibit cloning.

Recognising the deep-seated public

suspicion of cloned food, leading supermarkets have been keen to reassure customers that they don't intend to stock it. Waitrose has said: 'As a retailer with high standards of animal welfare, our position on this issue is simple. Waitrose does not sell milk or meat from cloned animals.' Tesco says: 'Tesco policy is clear that we do not accept meat or dairy from cloned animals or their offspring. We support the development of comprehensive EU regulation in this area.' Organisations such as the Soil Association and Compassion in World Farming are stepping up their campaigns to secure an EU-wide permanent ban on the cloning of animals for food, the import of cloned embryos, and the marketing of meat or milk from the offspring of clones and urging the UK government to think again. Watch this space. The battle of the clones has only just begun.

### FIVE-MINUTE GUIDE TO MILK AND MEAT FROM CLONES

- Cloning is a new technology that makes genetically identical animals. The idea is to make identical copies of the most productive farm animals, and so increase milk and meat production.
- Last year, milk and meat from the offspring of cloned cattle got into the UK food chain. The British government said it was powerless to prevent it.
- The British government wants to allow food from clones and their offspring to be sold freely, without a label to distinguish it from normal food. The European Parliament wants the cloning of animals for food banned.
- The Food Standards Agency says milk and meat from clones is 'hypothetically' safe, although there is 'no data on the composition of meat or milk obtained from the descendants of cloned cattle'.
- Opponents warn that by narrowing the genetic base of our flocks and herds, cloning could have negative effects on future food production, as well as the health of humans and animals.
- Cloning raises animal welfare issues. The offspring of clones are rarely healthy and often don't survive.





# Love Food



Herb-crusted  
organic pork

Potatoes from the  
farmer's market

Sage picked from  
the garden

The extra crispy one  
with Dad's name on it



# Love Leisure

Wok burner and  
easy to clean hob

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full control

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Raising the bar: modern ways with chocolate **PAGE 49**

# eat in

38 pages of recipes, from after-work suppers to smart dishes for entertaining

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olive 35



# John Torode's SEASONAL YEAR

The *MasterChef* judge cooks brilliant recipes with the best of April's produce

Recipes JOHN TORODE Photographs GARETH MORGANS



Pavlova with passion fruit (recipe overleaf)





Roast chicken with morels (recipe overleaf)





## Pavlova with passion fruit

1½ hours + cooling ■ Serves 6

■ **A LITTLE EFFORT**

**egg whites** 6

**caster sugar** 300g

**cornflour** 1 tsp

**white wine vinegar** 1 tsp

**double cream** 300ml

**vanilla sugar** 3 tbsp

**vanilla extract** 3 drops

**PASSION FRUIT SYRUP**

**passion fruits** 6

**caster sugar** 2 tbsp

**liquid glucose** 2 tbsp (find in the baking aisle or in chemists)

■ Heat the oven to 140C/fan 120C/gas 1. Whisk the egg whites with electric beaters to stiff peaks. Add the sugar a couple of tbsp at a time, whisking in between until all the sugar is used and the meringue is stiff and glossy. Add the cornflour and vinegar and whisk until shiny and firm.

■ Take a piece of baking parchment and draw a circle around a dinner plate. Spoon the meringue into the circle and form into the Pavlova base, building up the sides slightly higher.

■ Bake for 1 hour, then turn off the oven and leave inside to cool completely. Take out and peel off the paper.

■ Scoop the contents of the passion fruit into a small saucepan, then add the rest of the ingredients with 50ml water. Bring to the boil and cook for two minutes. Strain the seeds from the syrup and discard half; return the other half to the syrup and cool.

■ Whip the cream to soft peaks with the vanilla sugar and extract. Place the Pavlova on a serving plate, pile on the cream and spoon some of the passion fruit syrup over.

■ **PER SERVING** 521 kcal, protein 4.6g, carbs 69.3g, fat 26.9g, sat fat 15.1g, fibre 0.5g, salt 0.25g



**MOSCATO D'ASTI**

Lightly grapey with a seductive spritz, Moscato d'Asti is a frivolous treat: choose Michele Chiarlo, Nivole, Italy, 5% (from £7.70/37.5cl, slurp.co.uk and independents).



For budget-beating, choose a Chilean Pinot; or splash out on Burgundy. Louis Latour's Marsannay Rouge 2007, 13% (£12.99, Majestic), has a good balance of round red fruits, with smoky, leathery highlights.

## Roast chicken with morels

1 hour 45 minutes ■ Serves 4 ■ **EASY**

Morels appear in the spring during March and April – their earthy, rich flavour makes a roast chicken really special.

**dried porcini** 20g

**whole chicken** 1, about 1.5 kg

**butter** 100g, at room temperature

**vegetable oil**

**shallots** 2 small, finely diced

**fresh morels** a handful (or dried ones, soaked)

**brandy** a splash

**crème fraîche** 200ml

**parsley leaves** from a small bunch, roughly chopped

**tarragon leaves** from a small bunch, roughly chopped

■ Soak half the porcini in a small bowl of boiling water for 10 minutes. Heat the oven to 200C/fan 180C/gas 6.

■ Remove any giblets and fat from the cavity of the chicken. Put the butter in a small bowl. Drain the porcini, pat dry on kitchen paper, then roughly chop and add to the butter. Season well and mix. Put the porcini butter inside the cavity of the bird and put in a roasting tin. Pour 100ml of water into the cavity (this will help steam the bird from the inside). Rub the chicken all over with vegetable oil, then season. Put the bird in the oven and roast for 1 hour 15 minutes.

■ Grind the remaining dried porcini to a powder either in a mortar and pestle or a spice grinder.

■ Check the bird after the cooking time by piercing the fat part of the thigh – the juices should run clear (if they don't, give it an extra 10-15 minutes). Gently lift the bird from the roasting tin (keeping the porcini butter inside) and keep warm.

■ Remove half the fat from the roasting tin. Put the tin over a low heat, add the shallots and cook gently – there should be enough fat in the tin to cook the shallots, and all the scrapings will add loads of flavour. Now add the dried porcini powder and cook for 2 minutes to release the aroma. Add the brandy and flambé. Keep a pan lid to hand in case you need to dampen the flames. When the flames die down, add the fresh morels and stir, then tip in all the juices, butter and porcini from the resting chicken and bring to a simmer. Cook for a few minutes, add the crème fraîche and mix well. Stir in the herbs. Serve the chicken with the sauce.

■ **PER SERVING** 804 kcal, protein 50.4g, carbs 4.2g, fat 64.3g, sat fat 33.5g, fibre 1.7g, salt 0.86g

## Spring radish salad with squid, fennel and lemon

30 minutes ■ Serves 6 as a starter ■ **EASY**

Use radishes of various colours and shapes, like red French Breakfast and purple Plum.

**radishes** 250g of assorted

**Chantenay carrots** 100g

**rice wine vinegar** 3 tsp

**caster sugar** ½ tsp

**squid** 300g, cleaned

**fennel bulb** 1 small, with fronds if possible

**lemon** 1, juiced

**olive oil**

**vegetable oil** 60ml

**chilli** 1 small, very finely diced

**basil** a small bunch

**sourdough bread** grilled, to serve

■ Shave the radishes and carrots as thin as possible on a mandolin. Keep separate. Warm the vinegar, then add the sugar and heat until it dissolves. Take from the heat and add the carrots. Leave to cool, then stir in the radishes.

■ Slit up one side of the squid, then open up so the inside is facing up. Score the inside by running a very sharp knife diagonally and on an angle across the squid as close together as possible, but don't cut all the way through. Turn the board 180 degrees and repeat the process so there are little diamonds scored in the flesh. Now cut into 3cm squares.

■ Pick any fronds from the fennel, then shave the bulb on a mandolin so it is almost translucent. Put in a bowl, sprinkle with a little salt, mix and leave for 3 minutes; it will start to go limp almost straight away. Squeeze over the juice of half a lemon, then add a generous tbsp of olive oil and the chilli.

■ Heat a wok and when it's really hot add a splash of vegetable oil, then toss in the squid. Cook for 2 minutes until the squid curls up. Take from the heat, add to the marinated fennel and toss together. Shred the basil leaves and mix with the fennel and squid (add any fennel fronds at this point).

■ Divide the marinated carrots and radishes between plates, then top with the squid and fennel. Serve with chargrilled bread.

■ **PER SERVING** 166 kcal, protein 8.4g, carbs 3.6g, fat 13.2g, sat fat 1.5g, fibre 1.3g, salt 0.17g



Hidalgo La Gitana's ultra-light, delicately salty, super-clean and crunchy Manzanilla, 15% (from £8.21, Waitrose and independents), is the ideal wine to echo the purity of this dish.





Spring radish salad with squid, fennel and lemon



## OTHER THINGS TO MAKE WITH...



### MORELS

#### Mushroom and sage pappardelle

Cook sliced morels gently in butter and garlic, then toss with shredded sage and cooked pappardelle.

#### Creamy morels and eggs

Scramble eggs with butter, cream and seasoning, add chopped morels fried in a little butter, then pile on toast and top with parmesan.



### PASSION FRUIT

#### Tropical fruit salad

Put chopped mango, pineapple, kiwi fruit and melon in a bowl. Scoop passion fruit into another bowl and mix with a little icing sugar and lime juice. Toss with the salad.

#### Passion fruit fool

Whip double cream with icing sugar and a splash of coconut liqueur, then stir through passion fruit and serve in glasses with shortbreads.



### RADISHES

#### Marinated radishes

Drizzle sliced radishes with a mixture of pomegranate molasses and orange juice. Sprinkle over mint leaves to finish.

#### Bean and radish salad

Toss blanched green beans with finely chopped shallots, finely sliced radishes and a mustardy vinaigrette.



### GOAT'S CHEESE

#### Roasted squash with goat's cheese

Roast chunks of squash with garlic cloves, chilli flakes and olive oil. Crumble over goat's cheese for the last 5 minutes of cooking.

#### Grilled goat's cheese toasts

Top slices of thick crusty bread with a slice of goat's cheese. Grill again, then drizzle over honey and balsamic and serve with salad leaves.

## Twice-baked goat's cheese soufflés

1 hour ■ Serves 6 ■ EASY

As these soufflés are twice baked, you can do the first part before anyone arrives, then top with the sauce and re-bake just before serving.



**milk** 250ml

**onion** 1 small, chopped

**bay leaf** 1

**peppercorns** 3

**butter** 50g, plus extra for the ramekins

**flour** 5 tbsp

**parsley** a small bunch, chopped

**egg yolk** 1

**soft rindless goat's cheese** 200g, crumbled

**egg whites** 6

**parmesan** 25g, grated

**SAUCE**

**double cream** 300ml

**soft rindless goat's cheese** 50g, crumbled

**Gruyère cheese** 100g, grated



**SOUFFLES WITH AN ENGLISH WHITE**

Surrey Gold from Denbies, 11.5% (£7.59, [waitrose.com](http://waitrose.com)), is a summertime blend of three grape varieties, full of elderflower and ripe fruit flavours.

■ Heat the oven to 190C/fan 170C/gas 5.

Scald the milk with the onion, bay leaf and peppercorns. Make a roux by melting the butter in a pan, then stirring in the flour.

Cook for a couple of minutes, then strain over the scalded milk and whisk until smooth. Bring to the boil, cook for 2 minutes until it thickens, then cool a little. Add the chopped parsley, egg yolk and the crumbled goat's cheese. Season well.

■ Whisk the egg whites to firm peaks with a good pinch of salt. Butter 6 ramekins (approx 200ml each), then coat the insides with the grated parmesan.

■ Add a dollop of the egg white to the roux mix to loosen it, then fold in the rest. Spoon the mix into the dishes and wipe the top of each dish so there are no dribbles.

■ Bake for 12-15 minutes until set. Cool slightly, then turn out of the chilled dishes. You can now keep the soufflés until you need to cook them.

■ To make the sauce, heat the cream, add a good grind of pepper and mix in the goat's cheese until melted. Put each soufflé into a buttered heatproof dish, pour a little sauce over to cover and sprinkle with the grated Gruyère. Bake at 200C/fan 180C/gas 6 for 15 minutes until the soufflés have puffed up again and are bubbling and browned.

■ PER SERVING 565 kJ, protein 18.6g, carbs 9.3g, fat 50.7g, sat fat 29.8g, fibre 0.4g, salt 1.31g



JOHN TORODE PRESENTS BBC ONE'S **MASTERCHEF**. FOR DETAILS, SEE [BBC.CO.UK/FOOD](http://BBC.CO.UK/FOOD)





Twice-cooked  
goat's cheese soufflés





# 7 meals for £35

**olive** food editor Janine Ratcliffe makes a week's worth of meals for £5 a day

Recipes JANINE RATCLIFFE Photographs GARETH MORGANS

## INGREDIENTS CHECKLIST

### SHOPPING BASKET

- ☐ red onion 1/2, small
- ☐ butter beans 1 x 400g tin
- ☐ cherry tomatoes 100g
- ☐ sustainable tuna in olive oil approx 200g
- ☐ flat-leaf parsley 2 small bunches
- ☐ watercress, spinach and rocket salad 1 bag, 100g
- ☐ pine nuts 50g
- ☐ grana padano 50g
- ☐ spaghetti 300g
- ☐ cubetti di pancetta 1 x 70g pack
- ☐ potato 1 medium
- ☐ mint 1/2 a small bunch
- ☐ crusty bread
- ☐ skinless salmon fillets 2
- ☐ coriander a small bunch
- ☐ carrots 2 large
- ☐ spring onions 3
- ☐ red chilli 1
- ☐ onions 2
- ☐ skinless boneless chicken thighs 4
- ☐ coconut milk 1 x 165ml tin
- ☐ green chillies 2
- ☐ chapatis or naans
- ☐ tenderstem broccoli 200g
- ☐ filo pastry 6 sheets
- ☐ eggs 3
- ☐ double cream 150ml pot
- ☐ soft rindless goat's cheese 150g

- ☐ pork shoulder steaks 4, about 750g in total
- ☐ cider 300ml
- ☐ crème fraîche 4 tbsp

### STORECUPBOARD

- ☐ red wine vinegar
- ☐ olive oil
- ☐ garlic
- ☐ chicken stock
- ☐ frozen peas
- ☐ Thai red curry paste
- ☐ groundnut oil
- ☐ rice wine vinegar
- ☐ golden caster sugar
- ☐ ginger
- ☐ tamarind purée
- ☐ cumin seeds
- ☐ coriander seeds
- ☐ dried red chillies
- ☐ turmeric
- ☐ butter
- ☐ bay leaves
- ☐ Dijon mustard
- ☐ basmati rice

**£33.24**  
TOTAL FOR  
7 MEALS\*



### MONDAY

Warm butter bean, tuna, cherry tomato and herb salad

30 minutes ■ Serves 2 ■ **EASY**  
Look for tuna with the MSC certified sustainable stamp.

red wine vinegar 2 tbsp  
olive oil  
butter beans 1 x 400g tin  
cherry tomatoes 100g, halved  
sustainable tuna in olive oil approx 200g,

drained and flaked into large chunks  
**flat-leaf parsley** a small bunch, leaves picked

- Put the red onion in a large bowl with the vinegar, 2 tbsp olive oil and lots of seasoning. Toss and leave for 5 minutes.
- Warm the butter beans in a pan then drain and toss with the onion and tomatoes. Put on a plate and scatter over the tuna and parsley.

■ **PER SERVING** 403 kJ, protein 33.7g, carbs 17.5g, fat 22.5g, sat fat 3.4g, fibre 6.1g, salt 1.61g





**TUESDAY**  
**Pea, pancetta and  
mint soup**

❄ 20 minutes ■ Serves 2 ■ **EASY**

**cubetti di pancetta** 1 x 70g pack  
**potato** 1 medium, peeled  
and chopped  
**chicken stock** 500ml  
**frozen peas** 250ml  
**mint** ½ a small bunch, chopped  
**crusty bread** to serve

REALLY  
REALLY  
EASY

CHEAT'S  
CHOICE

■ Fry the pancetta in a non-stick pan (no need for fat, as it will cook in its own). When it is crisp and browned, scoop out a little to garnish the soup then add the potato and chicken stock to the rest and simmer until potato is completely soft. Add the peas and simmer for 3 minutes, then add the mint.

■ Whizz everything together with a stick blender or in a food processor until smooth. Serve with the extra pancetta sprinkled on top and some crusty bread.

■ **PER SERVING** 251kcal, protein 16.1g, carbs 21.8g, fat 11.6g, sat fat 4.1g, fibre 7.1g, salt 3.7g







#### THURSDAY

### Spaghetti with quick watercress, spinach and rocket pesto

20 minutes ■ Serves 4 ■ EASY

#### watercress, spinach and rocket salad

1 bag, 100g

pine nuts 50g, toasted

garlic 1 clove, peeled

olive oil

grana padano 50g, grated

spaghetti 300g



- Put the salad in a food processor and briefly whizz to break down. Add the nuts and garlic then whizz again then with the motor running, add enough oil to make a saucy consistency, about 150ml. Pour into a bowl, stir in the cheese and season.
- Cook the pasta following pack instructions. Drain then toss with the pesto.

■ PER SERVING 706 kcals, protein 16.1g, carbs 56.6g, fat 47.7g, sat fat 8.3g, fibre 2.9g, salt 0.26g

#### FRIDAY

### Broccoli and goat's cheese tart

1 hour ■ Serves 4 ■ EASY

tenderstem broccoli 200g

(or use regular broccoli florets)

filo pastry 6 sheets

butter 50g, melted

eggs 3, beaten

double cream 150ml pot

soft rindless goat's cheese 150g

- Cook the broccoli in boiling salted water until tender then rinse under cold water, drain and pat dry with kitchen paper.
- Trim the filo sheets into squares if you need to. Brush each sheet with butter then lay into a 22cm tart tin, offsetting each sheet so you end up with a rough star shape.
- Mix the eggs with the cream and season really well. Put the broccoli in the bottom of the tin then pour over the eggs. Dot the goat's cheese all over the tart. Bake for 30-40 minutes until set.

■ PER SERVING 517 kcals, protein 15.5g, carbs 19.4g, fat 42.5g, sat fat 23.2g, fibre 2.3g, salt 1.09g

#### WEDNESDAY

### Thai salmon cakes with carrot salad

30 minutes ■ Serves 2 ■ EASY

skinless salmon fillets 2, about 300g in total, cut into large chunks

Thai red curry paste 2 tsp

coriander 1/2 a small bunch

groundnut oil

SALAD

rice wine vinegar 1 tbsp

golden caster sugar 1 tsp

ginger a small chunk, finely grated

carrots 2 large, shredded

spring onions 3, shredded lengthways

red chilli 1, shredded lengthways

coriander leaves a handful

- Put the salmon, curry paste and coriander in a food processor. Pulse to a roughly chopped texture. Form into 6 fishcakes and chill while you make the salad.
- Mix the rice wine vinegar and sugar until sugar dissolves. Mix in the ginger. Toss all the other ingredients together with the dressing.
- Heat the groundnut oil in a non-stick frying pan. Cook the salmon cakes for 2-3 minutes per side until golden and cooked through. Serve with the salad.

■ PER SERVING 475 kcals, protein 32g, carbs 14.5g, fat 32.5g, sat fat 6.4g, fibre 3.6g, salt 0.68g



#### BRILLIANT WINE MATCHES

Pair the vivid flavours of the tuna salad and Thai fish cakes with the resoundingly fresh **Jacob's Creek Riesling 2008, South Australia, 13%**, (from £6.99, Tesco; widely available) with its rounded notes of lime curd. This month's spring veg rise to the occasion with a nutty, herb-scented **Cardeto 2009, Orvieto, Italy, 12%** (£5.99, Waitrose). Pair with the spaghetti with watercress pesto, the pea and pancetta soup and the broccoli and goat's cheese tart. With berry fruit notes, **La Grille Pinot Noir Rosé 2009, Vin de Pays du Val de Loire, France, 12%** (£6.99, Majestic) complements the underlying sweetness of the pork and the Goan chicken.







## SATURDAY

### Slow-braised pork shoulder with cider, crème fraîche and mustard

❄️ 1½ hours ■ Serves 4 ■ EASY

*This is great served with mash, or with some green veg if you fancy keeping it a bit lighter.*

**pork shoulder steaks** 4, about 750g in total  
**oil**

**onion** 1 large, halved and thinly sliced

**cider** 300ml

**bay leaves** 2

**crème fraîche** 4 tbsp

**Dijon mustard** 2 tsp

**parsley** a small bunch, chopped

■ Heat a little oil in an ovenproof pan with a lid. Fry the shoulder steaks on each side until golden brown. Lift out then fry the onions until softened and golden. Add back the pork with the cider and bay. Bring to a simmer then put on a lid and cook in a 180C/fan 160C/gas 4 oven for 1½ hours.

■ Lift out the oven and break up the steaks into chunks. Stir in the crème fraîche, mustard and parsley then cook for another 5 minutes. Serve with mash or green veg.

■ **PER SERVING** (without mash) 523 kcal, protein 91g, carbs 67.4g, fat 16.5g, sat fat 8.5g, fibre 0.4g, salt 0.46g





**SUNDAY**  
**Goan chicken curry**

\* 1 hour ■ Serves 2 ■ **EASY**

**oil** for frying  
**onion** 1, sliced  
**skinless boneless chicken thighs** 4  
**coconut milk** 1 x 165ml tin  
**green chillies** 2 whole, slit but not halved  
**tamarind purée** 1-2 tbsp  
**basmati rice** to serve  
**chapatis** or **naans** to serve  
**SPICE PASTE**  
**cumin seeds** 1 tsp, toasted and ground  
**coriander seeds** 2 tsp, toasted and ground  
**garlic** 2 cloves, finely grated  
**ginger** a chunk, finely grated  
**dried red chillies** 2, crushed (or 1/2 tsp chilli flakes)  
**turmeric** 2 tsp

■ Heat 2 tbsp oil in a pan then add the onion and a pinch of salt and fry until softened. Add all the spice paste ingredients and cook for a few minutes until you start to smell all the spices. Add the chicken and cook until it starts to colour. Stir in the coconut milk and add the chillies. Cover and simmer for 20 minutes. Add a tbsp of the tamarind and taste - it should be hot and a little sour. Add a little more tamarind if you think it needs it. Serve with rice and bread.

■ **PER SERVING** 528 kJ, protein 45.5g, carbs 16.8g, fat 31.5g, sat fat 14.9g, fibre 1g, salt 0.71g





**White Chocolate**  
Yummmmm...



**Brown sugar**  
Crystals of amber coloured demerara that add subtle sweetness without the sugar rush.

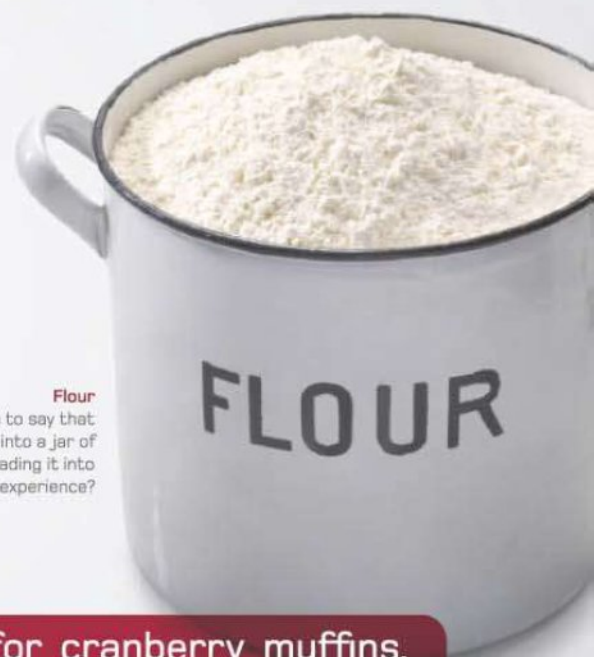


**Butter**  
Soft, creamy, dairy flavour made from happy cows. You don't really need a buttercup to know you love the taste of butter, do you?



**Cranberries**  
They almost twinkle at you, which reflects the healthy qualities these little berries possess.

**Pecans**  
Was there ever a nut as evocative as a toasted pecan or one that melted on the tongue so deliciously? Probably not...



**Flour**  
We defy anyone to say that poking your hands into a jar of flour and then kneading it into dough isn't a joyful experience?



OPENSOURCE

## The vital ingredient for cranberry muffins.

The secret to making the perfect batch of muffins? Use the Hotpoint Openspace with 20% more space than a standard built-in single oven. Alternatively why not whip-up a Victoria sponge mix and let the automatic cake programme take care of the rest. Phew! [hotpoint.co.uk](http://hotpoint.co.uk)

 **Hotpoint**

OUR IDEAS. YOUR HOME.

**Eggs**  
Eggs is eggs- well not exactly. The fresher the eggs the tastier the muffin...



**Toasted almonds**  
Chopped on top of muffins, everyone goes nuts...







Cookies and cream fridge cake  
(recipe on page 52)

# Raising the bar

These decadent chocolate recipes take Easter indulgence to a new, more sophisticated level

Recipes LULU GRIMES and JANINE RATCLIFFE Photographs ANDY SEYMOUR



## Grasshopper squares

1 hour 10 minutes + cooling ■ Makes 9

### ■ A LITTLE EFFORT

*These mint and brownie layered bars use dark chocolate for a more grown-up flavour.*

#### BROWNIE LAYER

**butter** 50g

**dark chocolate** 100g, chopped

**eggs** 2

**golden caster sugar** 125g

**plain flour** 50g

**baking powder** ½ tsp

**cocoa** 15g

#### MINT LAYER

**white chocolate** 200g, chopped into pea-sized pieces

**double cream** 100ml

**peppermint extract** 2 tsp

**mint green food colouring**

#### CHOCOLATE ICING

**dark chocolate** 150g, chopped

**golden syrup** 1 tbsp

**butter** 50g

■ To make the brownie layer, heat the oven to 180C/fan 160C/gas 4. Line a 22cm square tin with baking parchment, leaving some overhanging so you can lift the whole lot out easily. Melt the butter and chocolate together in a microwave or in a bowl set over a pan of simmering water. Cool to room temperature.

■ Whisk the eggs and sugar together until the mixture is pale and thickened. Fold the chocolate mixture into the egg mixture then sift over the flour, baking powder and cocoa. Fold this in to give a thick batter. Pour into the tin. Bake for 15-20 minutes, or until the top is cracked but the middle just set. Cool completely in the tin.

■ To make the mint layer, put the white chocolate in a bowl. Heat the cream until just simmering, then pour over the white chocolate. Leave for a minute then gently stir until the chocolate has melted. Stir in the peppermint and a tiny drop of food colouring so you have a pale mint colour. Leave to chill until thickened then spread on top of the

cooled brownie and chill everything in the fridge for 45 minutes.

■ To make the chocolate icing, put the dark chocolate in a bowl with the syrup and butter. Gently melt in a microwave or in a bowl set over simmering water. Cool until it won't melt the mint layers but is still spreadable, then spread on top of the mint layer. Chill for 1 hour until solid.

■ Lift the cake carefully onto a board. Peel away the baking paper, trim the edges, then cut into 9 squares with a sharp knife.

■ **PER SERVING** 507 kcals, protein 5.7g, carbs 52.7g, fat 31.9g, sat fat 18.3g, fibre 11g, salt 0.41g









## Cookies and cream fridge cake

1 hour 10 minutes + chilling and cooling

■ Serves 8 ■ **EASY**

*This is based on a popular quick American dessert, made by layering Nabisco™ Famous Chocolate Wafers with whipped cream. Left overnight, the wafers soften and turn into 'cake'. You can't buy similar wafers in the UK, so this recipe includes a homemade version.*

**butter** 100g, completely softened  
**golden caster sugar** 150g  
**light soft brown sugar** 100g  
**egg white** 1  
**plain flour** 150g  
**70% cocoa powder** 50g  
**bicarbonate of soda** ¼ tsp  
**CREAM**  
**double cream** 1 litre  
**icing sugar** 4 tbsp  
**vanilla extract** 2 tsp

■ Put the butter in a bowl and use electric beaters to beat for a minute. Add the sugars, then keep beating until fluffy and paler in colour. Beat in the egg white, then sift over the flour, cocoa powder, bicarbonate of soda and a pinch of salt, and mix to a dough. Form the dough into a log about 20cm long. Wrap in clingfilm and chill for an hour.

■ Heat the oven to 180C/fan 160C/gas 4. Unwrap the dough and, using a sharp knife, slice into cookies about ½ cm thick (you will get approximately 36 cookies in total). The dough is quite soft, so you may have to roll it over to maintain the round shape. Lay the cookies on baking sheets covered with baking parchment, leaving plenty of space in between. Cook for 12-14 minutes until crisp. You may need to do this in batches. Leave for 10 minutes to set, then cool on a rack.

■ Whip the cream with the vanilla and icing sugar to soft peaks. To assemble the cake stick 7 of the cookies with a little of the cream in a circle on a large plate (i.e. one in the middle surrounded by 6). Spread with ⅓ of the cream. Repeat, slightly offsetting the next layer of cookies, and keep going until all the cookies are used up. Finish with a layer of cream. Chill overnight to soften the biscuits.

■ **PER SERVING** 956 kJ, protein 4.5g, carbs 58.6g, fat 79.8g, sat fat 45g, fibre 1.3g, salt 0.45g



## Best-ever chocolate layer cake

1 hour + cooling ■ Serves 10 ■ **EASY**

**self-raising flour** 175g, sifted  
**70% cocoa powder** 3 tbsp  
**instant espresso coffee powder** 1 tsp (optional)  
**butter** 175g, completely softened, plus extra for lining tin  
**golden caster sugar** 175g  
**baking powder** 1 tsp  
**eggs** 3  
**milk** 1-2 tbsp  
**70% dark chocolate** 100g, melted and cooled  
**ICING**  
**double cream** 500ml  
**milk chocolate** 500g, chopped



■ Make the icing first (it takes a while to cool and thicken). Put the chocolate into a bowl. Pour the cream into a pan and heat until simmering. Take off the heat and pour it over the chocolate. Stir until the mixture is smooth. Cool, then chill, until really thick but spreadable.  
 ■ Heat the oven to 180C/fan 160C/gas 4. Butter and base-line 2 x 18cm sandwich tins with baking parchment. Take 3 tbsp flour from the full flour amount and put them back in the flour bag - the cocoa powder will make up the difference.

■ Put all the cake ingredients except the chocolate in a large bowl. Beat them together with an electric whisk (or whizz in a food processor) until you have a creamy mixture, then fold in the melted chocolate. Add a little more milk if the mix is too stiff - it should fall easily from a spoon.

■ Divide the mixture between the 2 tins and level. Bake on the same shelf in the oven for 20-25 minutes or until the sponge springs back when pressed. Cool for 5 minutes, turn out onto a wire rack, peel off the paper and cool completely. Cut each in half horizontally so that you have 4 layers altogether.

■ Sandwich the layers together with a little icing, then spread the rest on top thickly.

■ **PER SERVING** 865 kJ, protein 9.5g, carbs 67.2g, fat 63.9g, sat fat 36.5g, fibre 1.8g, salt 0.82g

## Triple-chocolate Neapolitan

55 minutes + freezing and cooling

❄ ■ Serves 8 ■ **A LITTLE EFFORT**

**flavourless oil** such as groundnut or vegetable, for the tin  
**golden caster sugar** 175g  
**egg whites** 2  
**double cream** 600ml pot  
**white chocolate** 100g  
**milk chocolate** 100g  
**70% dark chocolate** 100g

■ Lightly oil then line a 900g loaf tin with a double layer of clingfilm, leaving overhanging edges. Put the caster sugar in a pan with 4 tbsp water and heat gently until the sugar has completely dissolved, then boil for 2 minutes.

■ Whisk the egg whites to firm peaks in a large bowl. When the syrup has boiled for 2 minutes, carefully pour it into the egg whites a little at a time, with the beaters still running. Whisk until it has all been mixed in. Beat for 2 minutes to cool. Softly whip the cream in another bowl. Fold the cream into the egg whites, then divide the mix into three.

■ Melt each type of chocolate separately and leave until cooled but still liquid. Mix each into a different bowl of the base mix so you have dark, milk and white chocolate mixes.

■ Tip the dark mix into the lined tin, level it, then freeze for 45 minutes until just firm. Keep the other mixes chilled in the fridge until you need them.

■ Spoon the milk chocolate mix over the dark chocolate, then level and freeze for another 45 minutes or until just firm.

■ Finish with the white chocolate layer and cover with clingfilm. Freeze for at least 6 hours or overnight before serving. Give it 20 minutes out of the freezer to soften a little before turning out to slice.

■ **PER SERVING** 668 kJ, protein 5g, carbs 44.3g, fat 53.5g, sat fat 29.8g, fibre 0.8g, salt 0.15g





USTING EA FELUGUERO ET ILLAM VENIBHELM ACCUMSAN VERCING ET QUAT DOLOR SIT LUPITAT.

Triple-chocolate Neapolitan



## Chocolate and Frangelico madeleines

1 hour ■ Makes 12 ■ EASY

*Frangelico adds a subtle hazelnut flavour to the finished cakes.*

**plain flour** 80g, 1 tbsp removed for dusting

**baking powder** ½ tsp

**ground almonds** 20g

**cocoa** 2 tbsp, plus extra for dusting

**golden caster sugar** 75g

**eggs** 2

**vanilla extract** 1 tsp

**Frangelico** 1 tbsp

**unsalted butter** 90g, melted, plus extra for buttering the tin

■ Sift the flour, baking powder, ground almonds and cocoa with a pinch of salt. Butter a 12-hole madeleine tin and dust each hole with a little of this mixture.

Whisk the sugar and eggs with electric beaters until thick, pale and fluffy. Gently fold in the flour mix, vanilla, Frangelico and butter. Cover the surface of the mix with clingfilm and chill for 30 minutes.

■ Heat the oven to 200C/fan 180C/gas 6. Fill each cavity with 1 heaped tbsp of mix. Bake for 10 minutes or until risen and springy. Tap the tin to loosen and tip out. Dust with cocoa and serve warm.

■ *PER SERVING* 144 kcals, protein 2.3g, carbs 13.4g, fat 9.2g, sat fat 4.7g, fibre 0.5g, salt 0.1g







## Spiced maple cashew bark

25 minutes ■ Serves 8 ■ **EASY**

*You can add different nuts to this if you prefer.*

**unsalted cashew nuts** 100g  
**butter**  
**ground allspice** a pinch  
**sea salt flakes** a pinch  
**maple syrup** 1 tbsp  
**milk chocolate** 200g  
**dark chocolate** 200g  
**white chocolate** 25g

■ Heat a non-stick frying pan, and add the cashews, a knob of butter, the allspice, salt and maple syrup. Cook, stirring until the cashews are golden, then tip out onto baking parchment and cool.

■ Melt the milk and dark chocolate separately. Cool a little, then pour onto a small baking tray lined with parchment. Swirl roughly together. Very roughly chop the cashews and scatter over the chocolate. Chill until set. Melt the white chocolate and drizzle over the top in very thin lines. Chill again until set. Break into pieces to serve.

■ **PER SERVING** 360 kcals, protein 5.6g, carbs 35.5g, fat 22.7g, sat fat 10.5g, fibre 1.2g, salt 0.16g



# Sea breeze

Fish and shellfish take centre stage in Bryn Williams' stylish spring menu

Recipes BRYN WILLIAMS Photographs JONATHAN GREGSON

## MENU FOR FOUR

- \* Raw scallop salad
- \* Pan-fried salmon with curried mussels
- \* Apple sorbet



Raw scallop salad (recipe overleaf)





**‘Salmon with curried mussels is a great dish to share. You can make the sauce the day before and cook the salmon at the very last minute, then bring the pan to the table for everyone to tuck in.’**





Bryn Williams is chef patron of Odette's in Primrose Hill, London, and appears regularly on BBC One's *Saturday Kitchen*. He has also featured in several series of BBC Two's *Great British Menu*.

## Raw scallop salad

30 minutes ■ Serves 4 as a starter ■ **EASY**

*This is natural beauty on a plate: unadulterated, raw scallops with fennel and radishes. Don't be scared of handling scallops – but if you prefer, a fishmonger can shell and clean them for you.*

**scallops** 8 large, cleaned and roes removed  
**lemon** 1, zested and juiced  
**olive oil**  
**fennel** 2 small bulbs,  
**radishes** 8, thinly sliced  
**chives** 1 bunch, finely chopped

■ Slice the scallops as thinly as possible and arrange on a plate in a single layer so they marinate evenly. Season with a pinch of salt, the lemon zest and a tbsp olive oil, then leave to marinate for 5 minutes. Cut the fennel bulb in half and remove the woody root. Slice as thinly as possible with a mandolin or very sharp knife. Put the fennel in a bowl and season with salt, pepper, lemon juice and another tbsp olive oil.

■ Add the radishes and chives to the fennel and mix well. Scatter the fennel and radish mixture over the scallops and serve immediately. I like to serve everything on one platter as a centrepiece.

■ **PER SERVING** 129 kcal, protein 16g, carbs 1.6g, fat 6.6g, sat fat 1g, fibre 1.9g, salt 0.47g



**Recipes adapted from Bryn's Kitchen by Bryn Williams (Kyle Cathie, £25, offer £22.50, with free UK p&p. For olive book offers, call 01872 562313).**

## Pan-fried salmon with curried mussels

1 hour 5 minutes ■ Serves 4 ■ **EASY**

*There are quite a few steps in this recipe, so read it carefully before you begin.*

**salmon fillets** 4, about 120g each, skin on  
**vegetable oil**

**MUSSELS**

**olive oil**

**onion** 1, peeled and chopped

**parsley** 1 handful, chopped

**mussels** 1 kg, cleaned

**white wine** 225ml

**SAUCE**

**butter** 50g

**onion** 1, peeled and diced

**carrot** 1 medium, peeled and diced

**celery stick** 1, trimmed and diced

**medium curry powder** 1 tsp

**double cream** 150ml

**potatoes** 100g, peeled and cut into small dice

**chives** 1 tbsp, chopped

**lemon** 1

■ Heat the oven to 180C/fan 160C/gas 4. Heat 1 tbsp olive oil in a large, heavy-based with a lid. Cook the onion and parsley until soft. Add the mussels, some salt and pepper and the white wine. Bring to the boil, put the lid on and shake the mussels about, then leave the pan on the heat and cook until all the mussels are open, 3-5 minutes. Discard any that remain closed.

■ Strain the mussels and set aside, reserving the cooking liquor. Pour the liquor through a fine sieve into a clean jug to remove any grit.

■ To make the sauce, melt the butter in a saucepan over a low heat. Sweat the onion, carrot and celery until soft. Stir in the curry powder and cook gently for a few minutes. Add 150ml of the cooking liquor from the mussels, stir in well and cook for another minute. Dry the salmon skin thoroughly. With a very sharp knife, cut diagonal slashes in the skin and season well.

■ Heat a non-stick frying pan over a medium heat, then add 2 tbsp vegetable oil. Cook the salmon, skin-side down, until the skin is crisp, 4-5 minutes. Then turn over and put the fish in the oven for 3-4 minutes. Stir the double cream into the curried vegetable mixture, bring back to the boil, add the diced potatoes and cook until softened, about 5 minutes. If the sauce has thickened a lot, let down with a splash of water until light and creamy. Remove the mussels from their shells, add them to the sauce and warm them through.

■ Finish the sauce with the chopped chives and season with salt and pepper and a

squeeze of lemon juice. To serve, put the curried mussels in a large bowl and arrange the salmon fillets on top.

■ **PER SERVING** 706 kcal, protein 35.8g, carbs 16.6g, fat 53.6g, sat fat 21.7g, fibre 2.3g, salt 0.99g

## Apple sorbet

❄ 45 minutes + cooling and freezing

■ Serves 4 ■ **EASY**

*Don't peel the apples, because the skin gives this sorbet a beautifully pale green colour.*

*If you don't have an ice-cream maker, follow the granita variation below, which makes a roughed-up, snowflake version of a sorbet.*

**caster sugar** 125g

**Granny Smith apples** 300g, cored and

chopped into small pieces

**lemon** 1, juiced

■ In a heavy-based saucepan, bring 250ml water and the sugar to the boil, whisking all the time until the sugar dissolves. As soon as it comes to the boil, remove it from the heat. When it's cold, put it in a covered container in the fridge (the syrup should be cold when you use it).

■ Put the apples in a large bowl and pour the syrup over them. Using a hand-held stick blender, blitz for 2-3 minutes until smooth (or you can do this stage in a food processor). Sieve into a clean bowl, then add the lemon juice. Pour the mixture into an ice-cream maker for 20-25 minutes, or as long as directed in the manufacturer's instructions. Remove from the machine, transfer to a covered container and store in the freezer until needed. It should keep for up to a week.

■ **VARIATION:** If you don't have an ice-cream maker and want to make an apple granita instead, pour the prepared apple mixture into a fairly shallow container – a Tupperware box with a lid is ideal. Pop it into the freezer for about 2 hours (put a metal fork in the freezer too). When the 2 hours are up, remove the lid. Look for the ice crystals forming around the outer edges of the container. With the chilled fork, mix these semi-frozen bits inward, stirring them into the main body of the mixture. Put the lid back on and freeze for another 40 minutes or so, then repeat the forking process. You may have to do this 2 or 3 more times (it will take a good 4 hours to set in all) until you have a mass of snowy ice crystals that you can almost 'fluff' with the fork. Keep covered in the freezer until needed.

■ **PER SERVING** 155 kcal, protein 0.3g, carbs 40.8g, fat 0.1g, sat fat 0g, fibre 1.1g, salt 0.01g





Apple sorbet





# Victoria's wine stars

## 6 Chardonnay

CUT OUT  
& KEEP

Our wine writer continues her series on must-drink wines. Her no-nonsense guides are designed to help you build your own food and wine matching collection

Words and recipe VICTORIA MOORE

Just a few years ago this poor, noble grape was at the centre of its own social drama. Bridget Jones drank it by the tankerful, John Major hated it (famously declaring himself an ABC – Anything But Chardonnay – man) and footballers' wives in TV soaps were named after it. How dated those references now sound. Happily, chardonnay is no longer the faux pas that it became after the chattering classes drank too much of it, although I'm not sure it has entirely got its cachet back. Of course, we will never fall entirely out of love with the grape responsible for chablis and other white burgundy, not to mention blanc de blancs champagne, but it is quite a while since I heard the words, 'Oh, give me a glass of chardonnay,' from anyone, unless you count my wine friends, who are all contrary anyway.

But if pinot grigio has become the most asked for varietal, we haven't actually stopped drinking chardonnay. We just don't talk about it – much. Chardonnay is just so versatile; almost a marble slab of a grape out of which the winemaker can sculpt the wine he pleases. You can drink chardonnay very cheap, very young and unoaked, and if it is from a cool northern climate it might taste so crisp and lemony you could easily mistake it for something else. In Burgundy, a good chardonnay matured in oak may take on rich vegetal notes and be capable of years and years of ageing, while in warmer vineyards, treated to American oak barrels as the wine matures it grows fat and pineappley, taking on a golden colour and vanilla scent. I spend a fortune on good chardonnay as it's one of the wines I often crave. The bottles here are just an introduction – it's all too easy to get hooked.

### MATCH OF THE MONTH

#### Crayfish tails on toast

10 minutes ■ Serves 4 as a starter ■ EASY

**crayfish tails in brine** 180g pot (We used The Big Prawn Company, available in Waitrose and Tesco)

**Hellmann's mayonnaise** 2 tbsp

**0% fat plain yoghurt** 2 tbsp

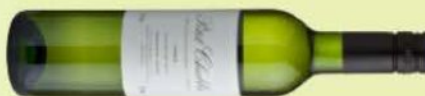
**lemon** 1

**basil leaves** 10

**sourdough bread** 8 slices, toasted to serve

■ Drain the crayfish tails. Mix in the mayonnaise and yoghurt and add a squeeze of lemon juice and season. Tear the basil leaves into small pieces and when you're ready to eat, stir them into the crayfish. Top the toast with the crayfish.

■ PER SERVING 277kcal, protein 13.4g, carbs 41.3g, fat 7.5g, sat fat 1.3g, fibre 3g, salt 1.38g



**Tesco Petit Chablis 2009 France**

(12.5%, £4.99 for 50cl)

A respectable chablis in a smallish bottle for those who are trying to drink a little bit less.



### THREE MORE TO TRY



**Vergelegen Chardonnay 2009 South Africa** (13.5%, Majestic, £8.79 down from £10.99)

André von Rensburg is perhaps the most outspoken winemaker in the Cape and he makes a very good wine. This oaked chardonnay hums with life. It's big without being fat, and is shot through with tingly lemon flavours – the perfect thing to take on a buttery, lemony roasted chicken.



**De Saint Gall Blanc de Blancs Premier Cru Champagne NV France** (12%, M&S, £26)

A blanc de blancs is made only with chardonnay (no pinot noir or pinot meunier – the two black grapes you find in champagne). This is a fine example – creamy, warm and a little bit like coming home to a room in which the fire's been lit. Delicious with smoked chicken mayonnaise, or prawns on hot buttered toast.



**Ladies Who Shoot Their Lunch Chardonnay 2009 Australia** (12.5%,

Oddbins, £16.99/£13.59 in a mixed dozen)

An oaked wine that proves the Aussies can do chardonnay with nuance and texture rather than relying on thumping great slabs of vanilla-flavoured oak. Weirdly, there's a bit of gewürztraminer in here that contributes to the floral lift.

Victoria Moore writes for the *Telegraph* and is author of *How to Drink* (Granta, £12.99\*)

7

**NEXT MONTH**  
**SAUVIGNON**  
**BLANC**





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# NEW 70% DARK



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healthy makeover



ONLY  
338  
CALORIES

Chilli and garlic spaghetti with lemon crumbs

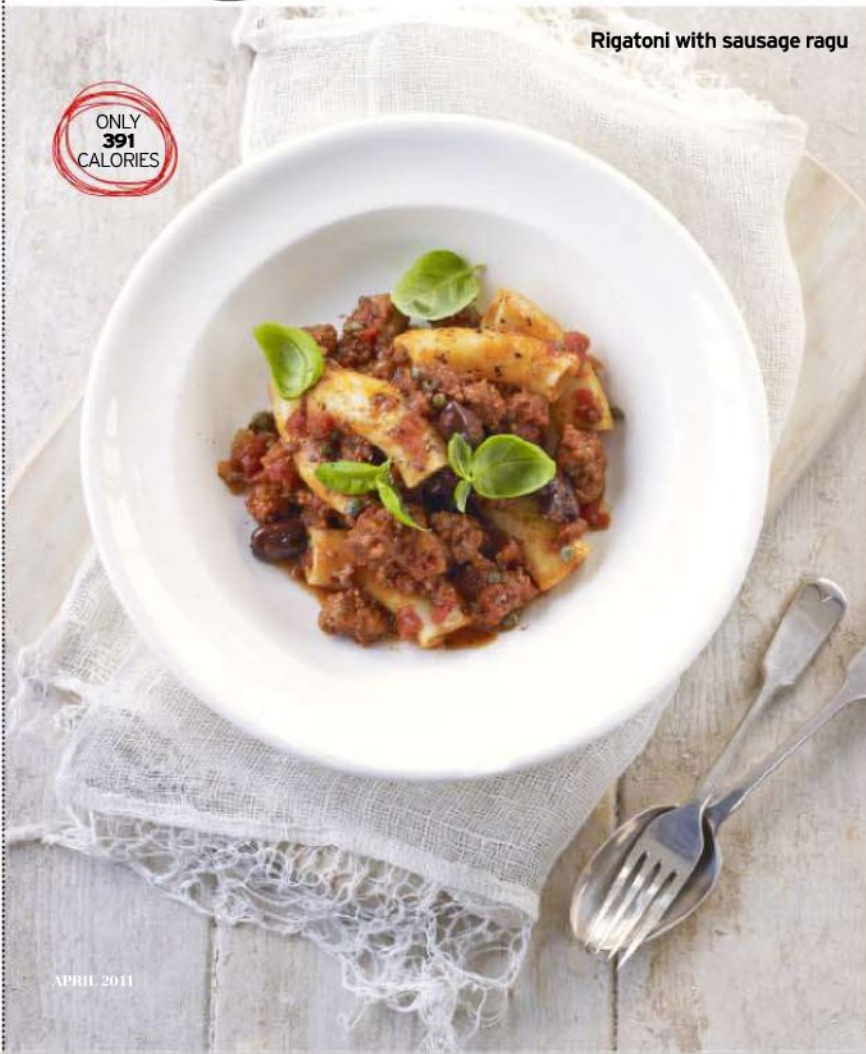


ONLY  
354  
CALORIES

Tagliatelle with saffron mussels

# Lighter pasta

Turn over for healthier recipes  
for these pasta dishes



ONLY  
391  
CALORIES

Rigatoni with sausage ragu



Lasagne with spinach and tomatoes

ONLY  
252  
CALORIES



## Tagliatelle with saffron mussels

30 minutes ■ Serves 2 ■ EASY

**WHY IT'S LIGHTER** Mussels are low in fat and calories. Served in their shells, they make a generous-looking serving, so you can use less pasta.

**mussels** 1kg, cleaned  
**tagliatelle** 100g  
**olive oil**  
**leek** 1 medium, trimmed and diagonally sliced (140g prepared weight)  
**garlic** 2 cloves, thinly sliced  
**saffron threads** a very good pinch, soaked in 1 tbsp boiling water  
**white wine** 75ml  
**half-fat crème fraîche** 25g



■ Discard any open mussels that don't shut when tapped on the edge of the sink. Cook the pasta following pack instructions.

■ While the pasta is cooking, heat 2 tsp oil in a deep, lidded frying pan over a low heat. Add the leek and garlic. Cook until it begins to soften, stirring regularly. Turn up the heat. Add the saffron, its liquid, then the wine, to the pan. Tip the mussels on top and cover with a lid. Cook for 3-4 minutes until mussels have opened, shaking the pan occasionally. Remove from the heat and discard any closed mussels.

■ Put the crème fraîche in a bowl, stir in 2 tbsp of the mussel cooking liquor to loosen, then stir the lot into the mussels. Return to a low heat. Drain the pasta and add to the pan. Season, toss together and serve.

■ **PER SERVING** 354 kcal, protein 25.5g, carbs 36.3g, fat 10.2g, sat fat 2.3g, fibre 2.8g, salt 113g

## Chilli and garlic spaghetti with lemon crumbs

20 minutes ■ Serves 2 ■ EASY

**WHY IT'S LIGHTER** Garlic, chilli and lemon make pasta delicious without adding fat. Use crunchy breadcrumbs to add texture to the dish.

**extra-virgin olive oil**  
**garlic** 3 cloves, finely sliced  
**long red chilli** 1, finely diced  
**fresh white breadcrumbs** 20g  
**unwaxed lemon** 1/2, finely grated zest  
**dried spaghetti** 150g  
**purple sprouting or Tenderstem broccoli** 125g, trimmed and cut into short lengths



■ Heat 2 tbsp oil in a small non-stick frying pan and add the garlic and chilli. Cook for 1-2 minutes over a very low heat, stirring occasionally. Tip out into a bowl. Return the pan to the heat and add the breadcrumbs. Cook over a medium heat for 4-5 minutes, stirring constantly until golden. Remove from the heat, stir in the lemon zest and season well. Keep warm.

■ Cook the spaghetti following pack instructions. Add the broccoli for the last 3 minutes of the pasta cooking time. Drain, reserving 3-4 tbsp of the cooking water, and return to the pan. Pour over the cooking water and garlic and chilli oil. Toss well together and divide between two warmed bowls. Sprinkle with the breadcrumbs.

■ **PER SERVING** 338 kcal, protein 13.1g, carbs 66g, fat 4.3g, sat fat 0.6g, fibre 4.8g, salt 0.22g

## Lasagne with spinach and mushrooms

\* 1 hour 15 minutes ■ Serves 6 ■ EASY

**WHY IT'S LIGHTER** Cut fat by using extra-lean mince and more veg.

**extra-lean minced beef** 450g  
**onion** 1 medium, finely chopped  
**garlic** 2 cloves, finely chopped  
**chestnut mushrooms** 250g, sliced  
**chopped tomatoes** 400g tin  
**red wine** 150ml  
**bay leaves** 2, plus **dried oregano** 1 tsp  
**spinach leaves** 100g, wilted in boiling water, squeezed dry  
**vine tomatoes** 3 large, sliced  
**fresh lasagne sheets** 6  
**semi-skimmed milk** 500ml  
**cornflour** 3 tbsp  
**parmesan** 25g, grated

■ Cook mince, onion, garlic, mushrooms for 10 minutes. Add tomatoes, wine, herbs, plus 1 tomato can of water. Simmer for 25 minutes, stirring occasionally. Season. Heat oven to 200C/fan 180C/gas 6. Tip half mince into a baking dish. Add 3 sheets lasagne, then rest of mince and lasagne. Lay over tomatoes, spinach. Mix 3 tbsp milk with the cornflour. Pour rest of milk into a pan, stir in cornflour mix. Simmer, whisking until smooth. Season. Pour over the spinach. Sprinkle with parmesan. Bake for 30 minutes.

■ **PER SERVING** 252 kcal, protein 24g, carbs 21.4g, fat 7.5g, sat fat 3.3g, fibre 2.8g, salt 0.53g

## Rigatoni with sausage ragu

\* 45 minutes ■ Serves 4 ■ EASY

**WHY IT'S LIGHTER** Using well-flavoured sausages with a high meat content means you'll need fewer of them and the fat content is kept low. No need to add extra oil - they have enough fat to cook in.

**pork sausages** 6 (high meat content - about 80%)  
**shallots** 4, or **banana shallots** 2, chopped  
**large rigatoni** 200g  
**red wine** 150ml  
**chopped tomatoes** 400g tin  
**baby capers** 25g, drained  
**pitted black olives** 50g  
**basil** to serve (optional)

■ Put a large non-stick frying pan over a medium heat. Squeeze the sausages out of their skins into the pan and add the shallots. Cook for about 10 minutes, until well browned, stirring regularly to break up the sausage meat. Cook the rigatoni following pack instructions and tip back into the pan. Pour the wine into the pan and add the tomatoes and capers. Press the olives between your thumb and finger to roughly break, add to the sauce and cook for a further 8-10 minutes until the sauce is rich and thick, stirring regularly. Tip the sausage ragu into the pasta and toss well together. Spoon into warmed bowls and serve with fresh basil if using.

■ **PER SERVING** 391 kcal, protein 18.3g, carbs 30.1g, fat 21.5g, sat fat 6.3g, fibre 2.9g, salt 2.07g





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# Ready in 30

Fast after-work suppers to see you through the week

Recipes JEMMA MORPHET Photographs GARETH MORGANS

## Open steak sandwich with balsamic shallots

25 minutes ■ Serves 2 ■ EASY

olive oil

shallots 8, or banana shallots, 4  
finely sliced

balsamic vinegar 2 tbsp

lean fillet steaks 2, about 100g each,  
trimmed of any excess fat

half-fat crème fraîche 1 tbsp

creamed horseradish 1 tbsp

sourdough 2 thick slices

rocket large handful

■ Heat 2 tsp olive oil in a non-stick frying pan. Add the shallots to the pan and season.

Fry gently for about 10-12 minutes until soft, golden and caramelized. Splash the vinegar in and bubble down until totally evaporated.

■ Meanwhile, heat a griddle pan. Season the steaks and rub in a tsp of oil. Griddle for 2-3 minutes each side for medium rare, or until cooked to your liking. Put to one side to rest.

■ Mix the crème fraîche with the horseradish. Griddle the bread for a minute or two on each side until lightly toasted. Spread a little horseradish cream over each piece of toast, then spoon over the shallot mixture. Slice the steak and put on top. Add a handful of rocket and drizzle over any remaining horseradish sauce.

■ PER SERVING 354 kcals, protein 26g, carbs 31.2g, fat 14.7g, sat fat 4.2g, fibre 3.2g, salt 0.82g



## Harissa chicken kebabs with spring fattoush

25 minutes ■ Serves 2 ■ EASY

*Fattoush is a rustic Middle Eastern salad made from bread and seasonal veg*

pitta 1, halved

skinless chicken breasts 2, cut into chunks

harissa, 1 tbsp

olive oil

lemon 1/2, juiced

garlic 1 small clove, crushed

sumac 1 tsp (optional)

radishes 100g, sliced

cucumber 1/2, peeled, halved, de-seeded  
and sliced

little gem lettuce 1, roughly chopped

spring onions 2, finely sliced

mint a handful, roughly chopped



■ Toast the pitta halves until brown and crisp. Break them into large pieces and put to one side.

■ Mix the chicken breast chunks with harissa, 2 tsp olive oil and seasoning. Thread them onto pre-soaked bamboo skewers and grill, turning frequently, for 8-10 minutes, or until cooked though.

■ Meanwhile, whisk 1 tbsp olive oil with the lemon juice, garlic, sumac (if using) and seasoning. Put the remaining ingredients in a bowl and toss through the dressing. Add the bread and mix again. Serve with the chicken skewers.

■ PER SERVING 361 kcals, protein 38.8g, carbs 24.3g, fat 12.8g, sat fat 2.1g, fibre 2.1g, salt 0.78g







Harissa chicken kebabs with spring fattoush





## Orzo, cucumber and dill salad with salmon

20 minutes ■ Serves 2 ■ **EASY**

**skinless salmon fillets** 2  
**spring onions** 5, 3 whole, 2 finely sliced  
**dill** 1 small bunch, 1/2 chopped  
**lemon** 1, 1/2 juiced and 1/2 sliced  
**orzo** 125g  
**extra-virgin olive oil**  
**mayonnaise** 1 heaped tsp  
**cucumber** 1/2, peeled and diced

■ Pour enough water into a shallow pan to cover the salmon fillets. Add 3 spring onions, the whole sprigs of dill, lemon slices and seasoning, and bring to a boil. Carefully lay the salmon fillets in the liquid, turn down the heat and gently poach for 6-8 minutes, or until the fish is cooked through. Remove and put to one side.

■ Meanwhile, cook the orzo following packet instructions, before rinsing in cold water and thoroughly draining.

■ Whisk 2 tsp lemon juice with 1 tbsp olive oil, the mayonnaise and seasoning. Put the cooked orzo, sliced spring onions, cucumber, chopped dill and dressing in a bowl. Give everything a stir and serve with the poached fish.

■ **PER SERVING** 549 kcals, protein 37.2g, carbs 46.6g, fat 25.1g, sat fat 4.6g, fibre 1.1g, salt 0.25g

## Spicy pork meatball and noodle soup

30 minutes ■ Serves 4 ■ **EASY**

**pork mince** 400g  
**garlic** 2 cloves, crushed  
**spring onions** 6, 1/2 finely chopped and 1/2 sliced for garnish  
**red chilli** 2, 1 finely chopped, the other sliced for garnish  
**sunflower or vegetable oil**  
**chicken stock** 1.2 litres  
**oyster sauce** 3 tbsp  
**shiitake mushrooms** 100g, halved or sliced if large  
**Chinese leaf** 250g, sliced  
**ready-cooked udon noodles** 150g



■ Tip the pork mince, garlic, chopped spring onions and red chilli into a bowl. Give everything a good mix, season and roll into small meatballs.

■ Heat 1 tbsp oil in a non-stick frying pan and fry the meatballs all over until golden and cooked through. Put to one side.

■ Put the chicken stock and oyster sauce in a large saucepan. Bring to a boil. Tip in the mushrooms. Simmer until just tender. Add the Chinese leaf, noodles and the meatballs, simmering until the greens have just wilted and the meatballs are piping hot. Spoon into bowls and scatter over the remaining spring onion and chilli.

■ **PER SERVING** 363 kcals, protein 26g, carbs 34.1g, fat 14.6g, sat fat 4g, fibre 1.6g, salt 4.71g





## Carrot, cumin and feta fritters with coriander yoghurt

20 minutes ■ Serves 2 ■ **EASY**

**0% fat Greek yoghurt** 4 tbsp  
**coriander** 2 tbsp, chopped  
**self-raising flour** 4 tbsp  
**ground cumin** 1 tsp  
**egg** 1 medium  
**carrots** 125g, coarsely grated  
**onion** 1 small, finely sliced  
**feta** 50g, crumbled  
**vegetable oil**  
**warmed flatbreads** and a handful of salad leaves, to serve



■ Stir together the yoghurt and coriander. Season and put to one side.

■ Mix the flour, cumin, egg and 2 tbsp of water in a bowl until you have a smooth thick batter. Stir in the carrots, onion, feta and a good sprinkle of sea salt and freshly ground black pepper.

■ Heat 1-2 tbsp of oil in a non-stick frying pan. Spoon dollops of the batter into the frying pan, flatten out a little with the back of the spoon and cook for 2-3 minutes each side, until cooked through and golden brown. Serve hot fritters with the herb yoghurt, flatbreads and salad.

■ *PER SERVING* 291 kcals, protein 13g, carbs 24.8g, fat 16.2g, sat fat 4.9g, fibre 2.5g, salt 1.05g

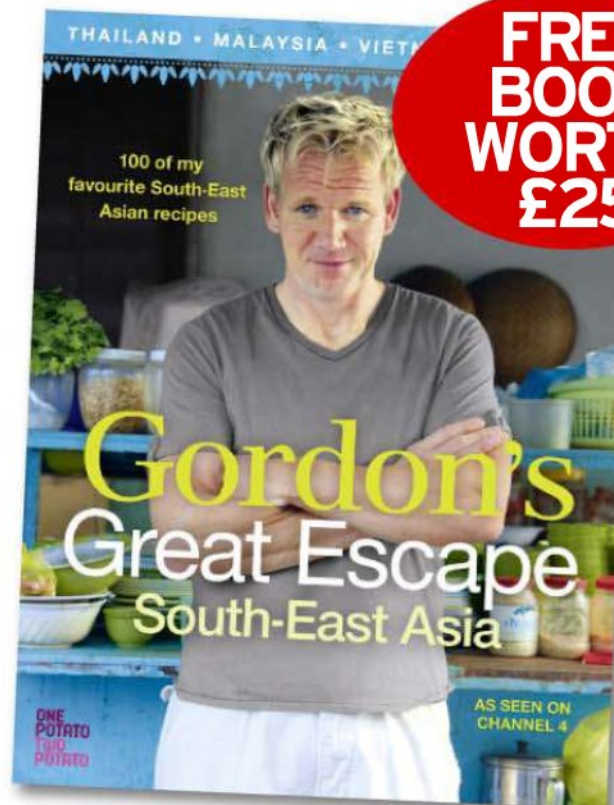




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# olive

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# Menu SPY

## Duck

Restaurant menus are a great source of inspiration – here's how chefs are cooking duck, plus five **olive** recipes for you to try at home

Words and recipes SARAH COOK Photograph DAVID MUNNS

### GALVIN CAFE A VIN

(galvinrestaurants.com)

At the Spitalfields outpost of the Galvin brothers' fast-growing London restaurant empire is the cute, bistro-style Café a Vin – and, like all good bistros, it does duck extremely well. The salad of smoked duck breast, pomegranate and dandelion is a good light lunch choice, or a smart starter.

#### TRY OUR VERSION

##### Smoked duck salad ■ Serves 2

Toss a small handful **pomegranate seeds**, 3 tbsp toasted **flaked almonds**, a large handful **frisée lettuce** and a small bunch snipped **chives**. Whisk juice of 1 **orange** with 3 tbsp **red wine vinegar** and a squeeze of **clear honey** to taste. Season, then toss with salad. Divide a 120g pack **sliced smoked duck breast** between 2 plates and top each with salad.

### FIFTEEN CORNWALL

(fifteencornwall.co.uk)

Jamie Oliver's team at the Cornish branch of Fifteen use only ducks bred in the county, Truro, so in terms of food miles these free-range birds are among the best.

#### BUY THE BEST

Look for British free-range duck in supermarkets and butchers, and wild duck from October to December. Wild duck tends to be Mallard but, if you're buying out of season, try free-range farmed Goosnargh or Gressingham – both have nicely flavoured meat with slightly less fat than some varieties. And any fat that comes out when roasting? Sieve it and chill or freeze. It makes the best roast potatoes ever.

The seasonal, daily-changing menu includes dishes such as tortellini of buffalo ricotta and mint, duck ragu, crispy sage and aged pecorino, which you can tuck into knowing you're doing your bit for local farmers. (cornishduck.com)

#### TRY OUR VERSION

##### Duck ragu ■ Serves 6

Brown 3 **duck legs** in olive oil, then remove. Fry 1 chopped **onion**, 1 chopped **carrot**, 1 chopped **celery** stick and 70g **pancetta cubes** until softened. Return the duck with 1 bottle **Italian red wine**, a 400g tin **chopped tomatoes**, 2 **rosemary** sprigs, 2 **thyme** sprigs, 2 **bay leaves** and 4 chopped **sage** leaves. Bring to the boil then simmer for 1½ hours, covering once the wine has reduced a little. Take out the duck and use forks to shred the meat off the bones (discard the bones and skin), then stir back through the sauce. Toss with cooked **tagliatelle** and sprinkle with chopped **parsley** and grated **pecorino** or **parmesan**.

### THAI EDGE

(thaiedgeleeds.co.uk)

You're a bit spoiled for choice with Thai restaurants in Leeds, but the award-winning Thai Edge must be a contender for the best. If you're a fan of ped (duck), try it stir-fried with 'choo chee' (red curry) paste and lime leaves, or simmered in a red curry with coconut milk, pineapple and sweet basil. Or tuck into **olive's** favourite: roasted duck topped with cucumber and tamarind sauce.

#### TRY OUR VERSION

##### Shredded duck with cucumber, peanuts and tamarind ■ Serves 6

Sprinkle 1 **duck** with plenty of salt. Sit in a tin covered with a tent of foil then roast for 2 hours at 140C/fan 120C/gas 1. Remove foil and cook for 40 minutes at 220C/fan 200C/gas 7, brushing the skin with 2 tbsp **tamarind paste** from a 100g jar for the last 5 minutes. Rest while you finely shred a **cucumber**, roughly chop 100g **roasted peanuts** and separate the leaves from a soft **lettuce**. Whisk the rest of the jar of **tamarind paste** with 1 tbsp **honey**, 1 tbsp **fish sauce**, 1 tbsp **sesame oil** and 1 tbsp water. Shred the duck and roll in the leaves with cucumber, peanuts and tamarind sauce.

### THE THREE FISHES

(thethreefishes.com)

The walls of this Lancashire pub are covered in photos of local food heroes. Among them is farmer Ian Banks, who supplies the chefs with Goosnargh chicken, game and wild duck. Try the Goosnargh duck with green peppercorns, duck scratchings, Cumberland sauce and toasted homemade bread.

#### TRY OUR VERSION

##### Potted duck with onion chutney and toast ■ Serves 4

Season 2 **duck legs**. Sit snugly in a small casserole dish with 2 **bay leaves**, 1 tsp **peppercorns**, 1 blade **mace**, 100ml **stock** and 50ml **Madeira**. Cook for 2-3 hours at 120C/fan 100C/gas ½ until the meat falls from the bone. Drain and reserve the liquid and fat, discard the flavourings and shred the meat. Stir in some liquid, then pack into 4 small pots or jars. Cover the surface of each with 1 tbsp of the fat from the cooking dish, well seasoned. Chill overnight (it will keep for a week). Serve at room temperature with toast and onion chutney.

### TYDDYN LLAN

(tyddynllan.co.uk)

Whatever you order at this Michelin-starred restaurant in Wales (with guest rooms), it won't disappoint. Try the duck breast and confit with bubble and squeak, cider and apples if it's on the menu. The restaurant's butcher sources most meat locally, but chooses free-range ducks from Madgett's Farm, a bit further afield in the Cotswolds, for their superior flavour.

#### TRY OUR VERSION

##### Duck with apple mash and cider sauce ■ Serves 2

Simmer 400g peeled, chunked **potatoes** with 1 peeled, chopped **apple** till tender. Mash with 50g butter and seasoning, then stir in 3 chopped **spring onions**. Keep warm. Score skin of 2 **duck breasts**, season and put in a pan skin-side down. Cook gently for 15-20 minutes until skin is crisp and duck nearly cooked, flip for a couple of minutes, then remove from the pan and rest for 5 minutes. Tip off the fat, add 150ml **cider**, 150ml **stock** and 1 tbsp **honey** to the pan and bubble till saucy. Slice the duck and serve with mash, sauce and shredded cooked **cabbage**.





Smoked duck salad





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# Enjoy a delicious day out!

With top celebrity names appearing at the BBC Good Food Show Summer, you'll have a fantastic day out and enjoy the freshest, most delicious seasonal food and drink. It's a celebration of all that's best about the British summer, whether you spend it with family, friends or as a couple...

## A taste of summer

Fancy a glass of chilled rosé, a crunchy summer salad or some home-produced barbecued sausages? Then this is the place to come and try a range of **specialist food and drink** from small individual producers, along with new product launches from our high street greats! Let celebrity chefs including **James Martin** and **Rachel Allen** inspire you with creative recipes based on seasonal fruits and vegetables. Plus this year, the judges from BBC Two's Great British Bake Off series – **Mary Berry** and **Paul Hollywood** – join us at the show!

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# A summer day to remember

“There’s something happening on all of the stages, all the time and I’m trying to see it all!”  
Susan, 2010 visitor



## James Martin's magic

BBC TV's **James Martin** will be hosting Saturday Kitchen Live sessions in the **Summer Kitchen** sponsored by Sainsbury's. Celebrity guests will be revealed nearer the Show and will be put through their Food Heaven and Hell with a guest chef taking the Omelette Challenge too! Treat yourself to a Gold Seat to be close to the action - see session times below.



## Who's the MasterChef?

Judges from the top BBC show, **John Torode** and **Gregg Wallace**, will be live on stage creating amazing dishes in just thirty minutes. Book early for these sessions (times below), they are very popular - and very entertaining! You can also watch previous winners cooking live including **Dhruv Baker**, PLUS the soon to be crowned champion of MasterChef Series 7. Cooking doesn't get any more competitive than this!



## Chefs' top tricks and tips

There's always something extra special to be learned from the experts and with **Rachel Allen** offering free demonstrations using new and improved products from Sainsbury's, you'll pick up tips for effortless cooking at home. Also see the country's leading chefs compete head to head in the Michelin Star Challenge (times below).

## See a top line up of chefs with non-stop entertainment in the Summer Kitchen!

Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
11am James Martin	10.30am James Martin	10.30am To be confirmed	10.30am MasterChef demonstration	11am MasterChef demonstration
12pm Gennaro Contaldo	11.30am Sainsbury's session with Rachel Allen	12pm Mary Berry	11.30am Paul Hollywood	12pm Michelin Star Challenge
1pm James Martin	12.30pm James Martin	1pm Michelin Star Challenge	12.30pm To be confirmed	1pm John Torode & Gregg Wallace
2.30pm Sainsbury's session with Rachel Allen	1.30pm Michelin Star Challenge	1.45pm John Torode & Gregg Wallace	1.30pm John Torode & Gregg Wallace	2.30pm Michelin Star Challenge
3.30pm James Martin	2.30pm James Martin	2.30pm Michelin Star Challenge	2.30pm To be confirmed	3.30pm MasterChef demonstration
	3.30pm James Martin	3.30pm The Good Food Team	3.30pm MasterChef demonstration	
			4.30pm The Good Food Team	



Standard seats cost £4/session and front block Gold Seats cost £6/session. Sainsbury's sessions with Rachel Allen are free of charge. Sessions are always popular so book early to avoid disappointment.



## Reader ticket rates\* (quote OM3)

Advance Ticket	£17
Advance Ticket + Summer Kitchen Standard Seat	£21
Advance Ticket + Summer Kitchen Gold Seat	£23
VIP ticket including Summer Kitchen Gold Seat	£67
Ticket on the door	£24

Visitors aged over 65 save an extra £2 on entry tickets. Under 5s are free everyday and under 16s are free on Family Weekend.

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Book your tickets by using your exclusive promotional code and get a free seat in the Summer Kitchen sponsored by Sainsbury's and pay no booking fee. See page 5 in this issue for your exclusive promotional code.

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\*£1.75 booking fee per advance ticket applies. Ticket offer valid on adult and over 65s tickets bought in advance only, not valid with any other offer.





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Cool canapés

Drinks

# EASTER ENTERTAINING

Delicious ideas to serve up over the holidays



## 30 RECIPES TO CUT OUT AND KEEP



Seasonal starters



Smart mains



Something sweet



# Cool canapés

## 4 VIETNAMESE GRILLED TURKEY IN LETTUCE PARCELS ■ Makes 30

■ Mix 500g **turkey mince**, 3 chopped **shallots**, 3 chopped **garlic cloves**, 3 chopped stalks **lemon grass**, 1½ tsp **cornflour**, a small bunch of chopped **coriander** and 3 tbsp **fish sauce** in a bowl with some **black pepper**.

■ Heat the oven to 200C/fan 180C/gas 6. Shape the mixture into meatballs. Roll each meatball in a little **golden caster sugar** and put on a baking tray lined with foil. Bake for 15 minutes.

■ To serve, put a meatball on a **Little Gem lettuce leaf** and sprinkle with chopped **cucumber**, **coriander** and chopped **red chilli**. Serve with **sweet chilli dipping sauce**.

## 5 ROSEMARY AND OLIVE DROP SCONES WITH GOAT'S CHEESE

■ Makes 24

■ Sieve 200g **self-raising flour** and 1 tsp **baking powder** into a bowl, then season. Make a well in the middle, and pour in 2 **eggs** and a splash of **milk**. Then, using a balloon whisk, start to draw the flour into the eggs and milk. Beat the mix until smooth, then stir in 150ml **milk**. Stir in 1 tsp chopped **rosemary** and a handful of chopped **olives**.

■ Heat a little oil in a pan, add a tbsp of the mix and cook for 2 minutes. Flip over and cook for another minute. Do this in batches.

■ Heat grill to high and put the drop scones on a baking sheet. Crumble 175g **goat's cheese** into small pieces and arrange on top of each drop scone. Top with 12 halved **cherry tomatoes** and grill for 5 minutes until the cheese has melted and the tomatoes are warm.

## 6 HALLOUMI SKEWERS WITH PARSLEY AND LEMON SALSA

■ Makes 32

■ Put a large glug of **olive oil**, a large handful of chopped **black olives**, a bunch of chopped **parsley**, 1 tsp **capers**, 2 chopped **preserved lemons**, 2 tsp **red wine vinegar** and 1 finely chopped **red onion** into a small bowl. Season and mix well.

■ Cut 2 blocks of **halloumi** into 8 equal slices each. Cut each slice in half to make 32 pieces.

■ Heat a little oil in a large frying pan. Brown the halloumi on both sides, then push in a skewer so it looks like a lollipop. Serve warm or at room temperature with the salsa.

## 1 LIME LEAF CHICKEN WITH SWEET CHILLI AND PEANUT DIPPING SAUCE ■ Serves 4

■ Whizz 2 **garlic cloves**, 2 tsp **fish sauce**, 2 tsp **honey**, 3 chopped **spring onions**, 4 shredded **lime leaves** and a little **veg oil** in a processor. Cut 4 **chicken breasts** into cubes, put in a dish and pour over the marinade.

■ Make the chilli sauce by heating 150ml **rice vinegar** and 175g **golden caster sugar**. After it boils and simmer for 3 minutes. Cool then add 1 tbsp chopped **coriander**, 1 sliced **red chilli** and 1 tbsp ground **roasted peanuts**. Griddle or fry the chicken until brown and cooked through. Skewer the chicken on small skewers or cocktail sticks with a piece of **lime leaf** and serve with the sauce.

## 2 SMOKED SALMON AND CHIVE PATE ■ Serves 8

■ Beat 200g **soft cheese** with an electric whisk, then beat in seasoning, a handful of chopped **chives**, 1 tbsp **horseradish cream** and a good squeeze of **lemon**.

■ Stir in 200g chopped **smoked salmon** and serve with **Melba toast** or **mini-oat biscuits**.

## 3 PEPPADEWS STUFFED WITH GREEN OLIVE TAPENADE AND MOZZARELLA ■ Makes 24

■ Whizz 100g of **pitted green olives**, 1 **garlic clove**, 1 tbsp **capers**, a handful of **basil leaves**, and a squeeze of **lemon** with enough **olive oil** to make a tapenade paste.

■ Stuff 24 **peppadew peppers** with a little of the tapenade and a cube of **mozzarella**. Top with a **basil leaf**.



Lime leaf chicken with sweet chilli and peanut dipping sauce



# Drinks

## 7 CUCUMBER GIN FIZZ

■ Serves 2

■ Purée a chopped **cucumber** in a blender. Pass through a sieve into a jug.

■ Put three ice cubes in each glass and pour over 50ml **gin**, followed with a squeeze and a few slices of **lime**. Mix in the cucumber juice and top up with **tonic**.

## 8 CHAMPAGNE COCKTAIL

■ Serves 6

■ Juice 6 large **passion fruit**. Place a **sugar cube** in the bottom of each of 6 champagne glasses, pour over 1 tbsp **brandy** in each and add some passion fruit juice. Allow the sugar cube to absorb the brandy and fruit juice, then top up with **champagne**.

## 9 LYCHEE MARTINI

■ Serves 1

■ Half fill a cocktail shaker with ice. Add 50ml **vodka**, 25ml **lychee liqueur** and a dash of **lychee juice**. Shake thoroughly and strain into a martini glass. Make a cut into the side of a **lychee** and sit it on the rim of the glass.

## 10 AMBER MIST

■ Serves 2

■ Put 3 **cloves** in the bottom of a shaker and drizzle with 15ml **sugar syrup** before crushing them with the end of a rolling pin.

■ Pour over 50ml **vodka**, 15ml **Grand Marnier** and 35ml cold **Earl Grey tea**.

■ Shake and strain into a couple of glasses, then squeeze a piece of **orange zest** over the top to release the orange oil.

## 11 SOCIAL CLUB

■ Serves 1

■ Shake 50ml **vodka**, 35ml **pressed apple juice**, 20ml **vanilla syrup**, 10ml **lime juice** and two **raspberries** with a handful of ice for 15 seconds in a shaker. Pour into a martini glass and garnish with **fresh raspberries**.

## 12 ICED COFFEE

■ Serves 1

■ Brew an **espresso coffee** and add a spoonful of **brown sugar** while it's still hot (otherwise the coffee tastes too bitter when cold). Add a big splash of **milk**, mix and pour over ice in a tall glass. Add a splash of your favourite liqueur if you like.



Cucumber gin fizz



Champagne cocktail



# Seasonal starters



## 13 HOT AND SOUR WATERCRESS AND PRAWN BROTH ■ Serves 2

■ Put 3 tbsp **rice wine vinegar**, 500ml **vegetable stock**, 1 tbsp **soy sauce**, 1 tbsp **golden caster sugar**, a 2.5cm piece of thinly

sliced **ginger**, 2 sliced **red chillies** and 3 sliced **spring onions** in a pan and bring to a simmer. Cook for a minute then add 300g **raw peeled prawns** and cook until pink. ■ Stir in a bunch of **watercress** and serve.

put a **walnut half** on top of the cheese. Bake for 10 minutes. Toss 100g **watercress** with the dressing, pile onto plates and serve the pastry on top.

## 15 CRAB, AVOCADO AND LIME COCKTAILS ■ Serves 6

■ Toss 200g **white crab meat** with 2 tbsp chopped **coriander**, 1 chopped **red chilli** and the juice from 1 **lime**. Season. Divide 2 handfuls of rocket between 6 glasses. Layer the crab and 2 sliced **avocados** in each glass. ■ Mix 150ml **mayonnaise**, the zest and juice from 1 **lime** and 3 tbsp chopped **coriander**, season and drizzle over the cocktails.

## 16 POTTED SHRIMPS ON TOAST ■ Serves 2

■ Spread 2 slices of **toast** with a 55g tub **potted shrimps**. Add a squeeze of **lemon** and a sprinkling of **cayenne**. ■ Cut into fingers, add a sprig of **watercress** to each one and serve straight away with **lemon wedges** for squeezing over.

## 17 HOT SMOKED TROUT AND CHIVE TORTILLA ■ Serves 4

■ Slice a large **potato** and drop the slices into boiling salted water. Cook for 5 minutes until tender. Drain well. ■ Heat a large knob of **butter** in a small non-stick frying pan. Whisk 6 **eggs** with seasoning, then mix in the cooked potatoes, a handful of chopped **chives** and 125g flaked **smoked trout**. Pour into the pan and leave to sit for a minute. Cook, drawing in the sides to let the uncooked egg get to the edges. When the base is almost set, slide under a hot grill for a few minutes to finish cooking the top. Cut into wedges and serve with a **green salad**.

## 18 RHUBARB, GREEN BEAN AND ALMOND SALAD ■ Serves 2

■ Toss 2 handfuls of blanched **green beans**, 2 thinly sliced sticks of **rhubarb**, a handful of **toasted almonds** and 2 handfuls of **spinach** with the juice from 1 **orange** and a little **olive oil**. Divide between 2 plates. ■ Scatter over 1 ball of torn **mozzarella** and serve.

## 14 GOAT'S CHEESE AND ONION PASTRIES ■ Serves 8

■ Heat a little oil in a pan. Add 3 sliced **onions** and cook for 15 minutes. Add a pinch of **sugar**, lots of seasoning and a handful of chopped **walnuts**, 12 halved **Kalamata olives** and 2 tsp chopped **rosemary**. Cook until soft and golden.

■ Heat oven to 200C/fan 180C/gas 6. Thinly roll out a 500g block **ready-made shortcust pastry**, then stamp out 8 fluted rounds with a 10cm cutter. Prick with a fork, then bake for 10 minutes.

■ For the dressing, mix 1 tbsp **red wine vinegar** and 3 tbsp **walnut oil**.

■ Pile the onions onto the pastry rounds, top each with a thick round of **goat's cheese** and





# Smart mains

## 19 ROAST FILLET OF BEEF WITH SHALLOTS AND MUSHROOMS

■ Serves 8

■ Mix 1 tbsp **soy sauce**, 1 tbsp **red wine vinegar**, and 3 tbsp **olive oil** with 4 crushed **garlic cloves**. Set aside. Season a 1.75kg **beef fillet** and put in a large plastic zip bag with the marinade. Marinate for at least 1 hour.

■ Pat dry and season again. Heat the oven to 200C/fan 180C/gas 6. Heat 1 tbsp **olive oil** in a pan and sear the beef on all sides, then put it in a tin with 10 peeled **shallots**. Sprinkle over a handful of **rosemary** and roast for 25 minutes for rare (another 10 minutes for medium-rare). Cover with foil and let it rest.

■ Mix 350g **mixed mushrooms** with 2 tbsp **olive oil**, 1 tbsp **soy sauce**, 4 **garlic cloves** and another handful of **rosemary**. Season and roast for 15 minutes. Slice the meat and serve with a spoonful of mushrooms and shallots.

## 20 ROAST SALMON ■ Serves 6

■ Heat oven to 200C/fan 180C/gas 6. Sit one of the fillets from a 2kg **salmon**, skin-side down, on a large sheet of foil or baking parchment. Scatter with the slices from 1 **lemon**, a handful of **parsley**, **dill** and **tarragon**, 2 sliced **shallots** and seasoning, then sit the second fillet on top skin-side up. Tie in 2-3 places with string to secure, splash with **white wine** and fold up to seal.

■ Put on a baking tray and bake for 50 minutes to 1 hour until the salmon is cooked through - check by poking a knife into the fillets and making sure the flesh flakes easily.

## 21 ROAST CHICKEN WITH 40 CLOVES OF GARLIC ■ Serves 6

■ Heat the oven to 200C/fan 180C/gas 6. Rub a 1.5kg **chicken** all over with **olive oil** and season inside and out. Put 3 sprigs **thyme** and the slices from ½ a **lemon** inside the bird with the **garlic cloves** (skin left on) from 1 bulb. Put the cloves from 3 more **bulbs** and the slices from the other half of lemon on the bottom of a dish with a glass of **white wine** or water. Sit the chicken on top and roast for 1½ hours until golden and cooked through.

■ Rest for 20 minutes under foil then serve with the garlic and strained juices.



Roast fillet of beef with shallots and mushrooms



Roast salmon

## 22 SOLE WITH BUTTERED LEEKS AND SHRIMPS ■ Serves 2

■ Heat the oven to 220C/fan 200C/gas 7. Lightly butter a roasting tray and lay 2 whole **lemon or megrim sole** trimmed and top skin removed - side by side. Pour over a glass of **white wine** and dot the fish with **butter**. Season, then bake for 15-20 minutes or until the flesh starts to come away from the bone.

■ Meanwhile, cook 2 thickly sliced **leeks** in boiling salted water for 8 minutes until soft, then drain. When the fish is ready, lift onto a warm platter or plates. Place the roasting tray over a low flame, then heat the leeks and 100g **potted shrimps** with the juices until the butter is melted. Stir through a small bunch of snipped **chives**, then serve alongside the fish.

## 23 GUINEA FOWL HOTPOT ■ Serves 4

■ Fry 1 chopped **onion** in a little oil for a few minutes in a casserole until soft. Dust 1 jointed **guinea fowl** in flour and add to the pan. Fry on a high heat in batches until starting to brown. Stir in 2 crushed **garlic cloves**, 4 sprigs **thyme** and 300g **button mushrooms**, then add 400ml **red wine**. Bring to a boil, add 200ml **chicken stock** and simmer for 5 minutes or until the meat is cooked. If the sauce is very liquid, remove the meat and reduce for a minute.

■ Heat the oven to 220C/fan 200C/gas 7. Boil 12 peeled **charlotte potatoes** for 15 minutes, drain, cool, then thinly slice. Arrange the potatoes on top of the casserole so they overlap. Dot with **butter** and bake for 20 minutes until crisp.

## 24 ROSEMARY AND HONEY ROAST LAMB ■ Serves 6

■ Heat the oven to 200C/fan 180C/gas 6. Put 2 sliced **onions** in a roasting tray with 4 tbsp water. Sit a 1.75kg leg of **lamb** on top and rub the with oil and then 1 tbsp **honey**. Stab the skin side of the lamb 15 times with a small, sharp knife, twisting to make small holes. Stuff a handful of small **rosemary sprigs** into the holes. Season well.

■ Roast for 1 hour 15 minutes for medium-rare, or 1½ hours for medium. Baste the lamb 3-4 times with the juices in the base of the tin as it cooks and cover the skin with foil if it starts to get too dark.

■ Once cooked, rest on a plate or board for 20-30 minutes under foil.



# Something sweet



## 25 CHOCOLATE BROWNIE PECAN TART ■ Serves 6

■ Heat oven to 200C/fan 180C/gas 6. Roll out 375g **ready-made shortcrust pastry** and use to line a 24cm tart tin. Chill for 30 minutes in the fridge. Line with baking paper and baking beans and bake for 10 minutes. Take out the beans and paper and bake for another 5 minutes.

■ Turn oven down to 180C/fan 160C/gas 4. Melt 125g **butter** and 100g **plain chocolate** in a large glass bowl set over a pan of boiling water. Whisk in 200g **golden caster sugar**, 2 **eggs** and 1 tbsp **vanilla extract**, then 4 tbsp **plain flour**. Stir in 125g roughly chopped **pecan halves**, pour into the tart case and bake for 30 minutes. Cool then serve with **crème fraîche**.

## 26 RHUBARB AND VODKA JELLIES ■ Serves 4

■ Poach 500g **rhubarb** in 400ml water with 100g **golden caster sugar** until soft. Strain the liquid off into a jug and keep some of the rhubarb for serving. Soak 4 sheets of **gelatine** in cold water. Warm the strained rhubarb liquid and stir in the softened gelatine until dissolved. Stir in 4 tbsp **vodka** and 1 tbsp **Cointreau**, then strain into 4 glasses. Chill until set. Decorate with sliced poached rhubarb.

## 27 ORANGE AND TEQUILA CREME CAMELS ■ Serves 6

Put 700ml **whole milk**, a split **vanilla pod** and 4 strips **orange zest** in a pan then bring to a simmer. Take off the heat, cover and let the flavours infuse for half an hour. Remove the zest and pod, scrape the seeds from the pod and add to the infused milk.

■ Heat the oven to 150C/fan 130C/gas 2. Put 120g **golden caster sugar**, 25ml **tequila** and 100ml water in a pan. Heat gently until the sugar melts, then turn up the heat and boil until the liquid turns a dark caramel colour. Add another 25ml **tequila**. Heat the caramel

through again to get rid of any lumps and quickly pour it into 6 warmed ramekins.

■ Beat 4 **eggs**, 4 **egg yolks** and 50g **golden caster sugar**. Reheat the infused milk until hot. Whisk the milk into the eggs, strain and pour into ramekins.

■ Cover each ramekin with foil. Stand in a roasting tray and pour in water until it reaches  $\frac{1}{3}$  of the way up the outside of the ramekins. Bake for 30 minutes. Allow to cool, then chill. Gently run a knife around the sides before turning the caramels out onto a plate.

## 28 ICED BERRY ETON MESS ■ Serves 4

■ Whizz 450g **frozen berries** in a blender with a splash of **orange juice**. Swirl 300ml **whipped cream** with 8 crushed **meringues** and pile into 4 glasses with the berries.

## 29 BLACK FOREST TRIFLE ■ Serves 8

■ Put 400g **chocolate brownies** into the base of a trifle dish. Top with **cherries** from 2 x 390g jars and drizzle with **kirsch** and **syrup** from the jar. Heat 500ml **ready-made custard** with 100g chopped **plain chocolate** until it has melted. Cool. Whip 300ml **double cream** with 2 tbsp **icing sugar** to soft peaks. Spoon the custard over the cherries, then pile the cream on top. Finish with a grating of **chocolate** and fresh **cherries**.

## 30 FROSTED WHITE CHOCOLATE EASTER CAKE ■ Serves 10

■ Heat oven to 160C/fan 140C/gas 3. Grease a deep 23cm tin and line the base with baking paper. Gently heat 250g **butter**, 140g **white chocolate**, 250ml **milk** and 1 tsp **vanilla extract**, stirring until melted. Mix 250g **self-raising flour**,  $\frac{1}{2}$  tsp **bicarbonate of soda**, 300g **golden caster sugar** and a pinch of salt in a bowl, then stir in the melted ingredients and 2 **eggs**. Pour into the tin, then bake for 1 hour until golden. Cool.

■ Beat 300g **soft cheese**, 85g **softened butter** and 100g sifted **icing sugar**, then spread on the cake. Decorate with **mini eggs**.

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# eat out

11 pages of great-value  
restaurants and cafés

Edited by JESSICA GUNN

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\* Try Gaucho's  
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steak with chimichurri  
dressing **PAGE 97**



Spring break:  
exclusive **olive**  
offers at some of  
Britain's best hotels

**PAGE 86**



# Spring break

These outstanding hotel restaurants are so welcoming you'll want to stay the night. Make a weekend of it and save £££s with **olive**'s exclusive offers, from £150 per couple 🌿

Words ALISON BOWLES, LULU GRIMES, JESSICA GUNN, EVE MARLEAU, DANIELLE THEUNISSEN



The Cary Arms

PHOTOGRAPHS: DAVID COTSWORTH, MYLES NEW





Beetroot-cured mackerel  
with Cheltenham beets  
and squash purée at  
The Green House Hotel



## THE CARY ARMS, Devon

Descend the steep road into Babbacombe Bay and you'll find The Cary Arms, a quirky, chic coastal retreat with elegant rooms, private sea-facing terraces and an expert line-up of comfort food. Encircled by steep cliff walls topped with towering green trees, the bay has an ethereal calm; seagulls drift overhead, anglers doze on the stone pier and dolphins take an early morning swim across the clear blue bay.

■ **THE RESTAURANT** Hunker down in the cosy bar and restaurant, where unfussy food and friendly staff guarantee a warm, convivial vibe. Sunny days are made for sitting outside on one of the sea-facing terraces cut into the side of the bay. Best of all, book the captain's table – a large, round, elevated spot with the best views on the terrace (seats up to six; book ahead). As you'd imagine, fresh fish and seafood take centre stage, with Brixham crab salad, a prawn cocktail followed by fish and chips or catch of the day with Hollandaise sauce and seasonal veg all top picks. Daily menus are written up on large blackboards, and if you don't fancy fish, there are meatier options such as Devon steak and Otter ale pie, or pizza from the terrace wood-fired oven.

■ **THE ROOMS** While the restaurant is relaxed pub dining, rooms are luxurious, with huge beds and baths, cashmere throws and antique decanters of sloe gin. Best of all are rooms with a private terrace overlooking the sea. There's an atmospheric saloon with more incredible views – perfect for an after-dinner drink – plus a spa treatment and pool room.

■ **WHY IT'S WORTH IT** The Cary Arms has fused English Riviera charm with modern style. Sit on the terrace on a sunny day among the baskets of flowers, glass of wine in hand, and it's hard to imagine anywhere more perfect.

■ **THE BILL** Starters £4.95-£7.50; mains £10-£18.95. B&b from £155/£200 (low/high season). *The Cary Arms, Babbacombe Beach, South Devon (01803 327110; caryarms.co.uk)*



Three-course dinner, b&b plus a glass of Champagne per person, £250 per night, based on two people sharing.

**TERMS AND CONDITIONS** Offer valid 1 March-30 April 2011. Excludes Easter/bank holidays. Two nights' minimum stay when booking Saturday night. Bookings must be made in advance and cannot be used in conjunction with any other offer or promotion. Subject to availability. Call 01803 327110 and quote 'olive offer 2011' to book.

## THE GREEN HOUSE HOTEL, Bournemouth

Perched on the cliffs overlooking the white sandy beaches of Bournemouth is the Green House Hotel, a grade-II Victorian villa that has recently enjoyed a £5m contemporary makeover and now claims to be the greenest hotel in Britain.

■ **THE RESTAURANT** Large, light-filled and with sweeping views over the water, the hotel's dining room is an ideal backdrop for chef Gordon Jones's innovative cooking. It makes good use of cheffy kit, such as induction cookers and water baths, but with the sea and the New Forest nearby, it's the impeccable sourcing that really shines through. You'll find innovative flavour combinations, edible flower garnishes, emulsions, jellies and occasional foams in standout dishes such as Mrs Tee's cep cappuccino and brown chanterelles; pea blancmange, confit shallot purée and stuffed courgette en fleur; and pan-fried venison liver, salted pork loin and braised red cabbage. The restaurant sources most of its produce within 30 miles.

■ **THE ROOMS** Bedrooms are sumptuous as well as environmentally friendly. Expect eco hairdryers, kettles and TVs, reclaimed Victorian roll-top baths, huge beds and bespoke British furniture, carpets and wallpapers.

■ **THE BAR** In keeping with the hotel's ethos, spirits are organic, many wines are organic or biodynamic and beers are local. Pull up a stool at the modern mirror-backed bar or settle into a sofa with one of the many mags or papers.

■ **WHY IT'S WORTH THE CASH** Eat, drink and relax, safe in the knowledge that someone else is worrying about your carbon footprint.

■ **THE BILL** Three-course set menu, £25. Tasting menus, £25/£40/£50 for four/six/nine courses. B&b from £180; dinner, b&b from £220.

*The Green House, 4 Grove Road, Bournemouth, Dorset (01202 498900; thegreenhousehotel.co.uk)*



Nine-course tasting menu, glass of Champagne, b&b (large double room), £185 per room per night, based on two sharing.

**TERMS AND CONDITIONS** Offer valid 1 April-31 May 2011. Excludes Easter/bank holidays. Bookings must be made in advance and cannot be used in conjunction with any other offer or promotion. Subject to availability. Call 01202 498900 and quote 'olive offer' to book.



## OLD SWAN AND MINSTER MILL, Cotswolds

Set in 65 acres of gardens and with the pretty river Windrush rushing alongside, the 15th-century Old Swan combines traditional, old-world Cotswold charm with modern day comfort. You'll find four-poster beds, oak beams, flagstone floors, open fires and hearty British food.

■ **THE RESTAURANT** Sunny days are ideal for alfresco dining by the river's edge or in the pretty gardens. When it's cooler, settle into the atmospheric dining room, kitted out with suits of armour and tapestries, or pull up a chair by one of several open fires in the bar. Menus focus on British classics such as Brixham fish served with chunky, thrice-cooked chips, a dinky pot of homemade tartar sauce, mini-bottle of vinegar and mushy peas. Daily specials include pie of the day – **olive** likes the steak and ale served with an extra jug of rich, beefy gravy. Ingredients are largely local with eggs coming from the hotel's own chickens (rescued from a nearby battery farm), and some produce from the hotel's kitchen gardens.

■ **THE ROOMS** Rooms in the Old Swan are in keeping with the historic surrounding but there's not a whiff of chintz. Some rooms have four-posters, plus there are comfy armchairs, deep baths and goodies from the White Company, as well as complimentary sloe gin and homemade fudge. Rooms in the





separate Minster Mill are more modern and cheaper. Some bedrooms are on the water, others have private garden patios.

■ **THE BAR** Just what you'd expect in a 560-year-old former coaching inn; exposed beams, open fires and a genuinely laid-back atmosphere. There are several cosy lounging areas with a private corner for hotel guests. There's a good wine list plus plenty of local ales. It's dog-friendly too.

■ **WHY IT'S WORTH THE CASH** It's easily accessible from both London and the Midlands, yet you still feel miles away from the rest of the world. There's a spa treatment room and plenty of walking country, including the idyllic Cotswold village of Swinbrook, where the Mitford sisters lived and some are buried. Burford is a short drive away; perfect for afternoon tea (try Huffkins; [huffkins.com](http://huffkins.com)) and browsing the shops.

■ **THE BILL** Starters £5.95-£8.95; mains £10.95-£18.95. B&b: Minster rooms from £135; Old Swan rooms from £160. *Old Swan and Minster Mill, School Hill, Minster Lovell, Witney, Oxfordshire (01993 774441; [oldswanandminstermill.com](http://oldswanandminstermill.com))*

**olive  
OFFER**

**Three-course dinner  
plus a pre-dinner glass  
of Champagne each, b&b**

**(Cosy Room) in the Old Swan, £220  
per night, based on two people sharing.**

**TERMS AND CONDITIONS** Offer valid 1 April-31 May 2011. Excludes Easter/bank holidays. Bookings must be made in advance and cannot be used in conjunction with any other offer or promotion. Subject to availability. Call 01993 774441 and quote 'olive offer 2011' to book.



**Steak and ale pie at the Old  
Swan and Minster Mill**



## YNYSHIR HALL, Powys

This 17th-century country house hotel was once owned by Queen Victoria but now offers a welcoming second-home vibe for its well-heeled guests. Mid Wales's glorious and dramatic coastline is on its doorstep but the hotel itself offers peace and quiet, carefully tended gardens, mountain views and walks to Dovey estuary through neighbouring RSPB Ynys-hir Nature Reserve.

■ **THE RESTAURANT** Dress up for Michelin-starred fine dining from head chef Shane Hughes (pictured, right). He makes ingenious use of the region's superb produce, such as samphire, mushrooms, lobster and lamb, in an intimate dining room lined with striking oil paintings. This is refined cooking with plenty of purées, smears and emulsions, yet dishes never feel overworked. Highlights include ravioli of soft poached quail's egg and cream cheese with pea purée (pictured right); roasted loin of venison with foie gras and dark chocolate croustis, broccoli purée and juniper sauce; and a show-stopping cheese plate with 14 bite-sized varieties. At breakfast, treat yourself to the table by the window and order the cheese soufflé with Borth Bay cockles and laver bread.

■ **THE BAR** With comfy sofas and a roaring fire, it's a cosy spot for a glass of Champagne with your inventive canapés, or a postprandial brandy.

■ **THE ROOMS** Nine generous and individually furnished bedrooms feature antiques, deep carpets and bold floral fabrics; expect traditional but refined décor.

■ **WHY IT'S WORTH THE CASH** Impeccable service, outstanding food and get-away-from-it-all comfort set in pristine Welsh countryside.

■ **THE BILL** Six courses à la carte, £72.50; 10-course tasting menu, £90. B&b from £315; dinner, b&b from £460. *Ynys-hir Hall, Eglwysfach, Powys, Wales*

**olive**  
**OFFER**

Three-course dinner, b&b  
(best available room) £370  
per night, based on two people

sharing. If booking a two-night stay, second night to include upgrade to gourmet tasting menu plus a meeting with the chef and two-hour foraging expedition.

**TERMS AND CONDITIONS** Offer valid 1 March-30 June 2011. Excludes Easter/bank holidays. Bookings must be made in advance and cannot be used in conjunction with any other offer or promotion. Subject to availability. Call 01654 781209 and quote 'olive offer 2011' to book.



The dining room at Ynys-hir hall

## THE WHITE SWAN INN, Yorkshire

Sitting on the edge of the North York Moors national park, in an area of outstanding natural beauty, this cosy inn offers the best of the area's produce and a chilled-out setting in which to enjoy it.

■ **THE RESTAURANT** Settle into the pub-style dining room and prepare to eat more than you intended – portions are the quality of ingredients means you'll want to work your way through as much of the menu as possible. Most of the produce is local to Yorkshire, including meat from the Ginger Pig farm a few miles up the road, and fish from Whitby. Menus change with the seasons and everything – from ketchup to ice cream – is homemade. Enjoy canapés (pictured below right) and a pint of local bitter, Landlord, in the front bar (there's an open fire on cold days) before moving into the dining room for dishes such as cheese soufflé followed by fish pie and a rich chocolate tart (pictured below).





■ **THE ROOMS** Rooms are simply but stylishly kitted out with large beds and baths, White Company linens and blankets, plus homemade biscuits to go with your tea. For traditional style, stick to rooms in the main house or, for a bit more space and a modern feel, ask for a newer room in the converted courtyard.

■ **THE BAR** Cosy and relaxed, you could while away days, starting on tea, and moving on to local ales or the fine wine list, with its focus on St Emilion. There's also a club room for late-night drinking.

■ **WHY IT'S WORTH THE CASH** This is an ideal place to enjoy Yorkshire's stunning scenery and food. You're not far from York Minster and Harrogate, and a stone's throw from beautiful Castle Howard and Ampleforth Abbey.

■ **THE BILL** Starters £5.25-£8.25; mains £12.95-£22. B&b from £150; dinner, b&b from £210.

*The White Swan, Market Place, Pickering, North Yorkshire*  
(01751 472288; white-swan.co.uk)

**olive  
OFFER**

**Three-course dinner, b&b (Vintage Inn room), plus a bottle of fizz in your room, three itinerated walks across the Moors and free entry to Castle Howard, £199 per night, based on two people sharing.**

**TERMS AND CONDITIONS** Offer valid 1-31 April 2011. Two nights' stay minimum when staying Saturday night. Excludes Easter/bank holidays. Bookings must be made in advance and cannot be used in conjunction with any other offer or promotion. Subject to availability. Call 01751 472288 and quote 'olive' offer 2011 to book.

**THE LUGGER, Cornwall**

**Narrow, winding roads leading down to the harbour, crashing waves and the wide open sea ensure a feeling of utter detachment and relaxation at this intimate 17th-century inn nestled in the picture-perfect smugglers' cove of Portloe on Cornwall's Roseland Peninsula (pictured below).**

■ **THE RESTAURANT** The Lugger's menu is an understated yet enthusiastic celebration of local produce, the jewel in its crown being the fresh seafood caught almost literally on its doorstep. The menu changes daily depending on the catch, but expect dishes such as tian of Portloe crab with crisp bruschetta to start, followed by a duo of Dover sole and sea bass with mussel and white wine sauce, or a hearty Cornish lamb and root vegetable stew. Breakfasts are also a highlight; tuck into a full Cornish, then relax on the veranda as the local fisherman haul in the morning's catch.

■ **THE ROOMS** The undeniable draw of The Lugger is the sea view from most of its 22 rooms, and the inescapable sound of the Atlantic. With crisp, neutral

decor, deluxe showers and some of the most comfortable beds in Cornwall, it's impossible not to sleep soundly. Room 101's French windows open out onto a spacious private patio that's no more than a couple of metres from the water's edge. Spa treatments such as Indian head massage and reiki are also available.

■ **THE BAR** The flagstoned bar is ideal for an afternoon reading the paper with a Cornish Tribute ale, or for a nightcap and homemade petit fours by the open fire.

■ **WHY IT'S WORTH THE CASH**

It's hard not to be enveloped by the unpretentious charm of The Lugger; the surroundings guarantee effortless relaxation, while friendly staff are discreetly on hand to help.

■ **THE BILL** Starters £6.90-£9.50; mains £13.90-£20.50; or three-course à la carte, £35. B&b from £110.

*The Lugger Hotel, Portloe, Truro, Cornwall*  
(01872 501322; luggerhotel.co.uk)

**olive  
OFFER**

**Three-course dinner, b&b, £168 per night, based on two people sharing.**

**TERMS AND CONDITIONS** Offer valid 1-30 April 2011. Excludes Easter/bank holidays. Bookings must be made in advance and cannot be used in conjunction with any other offer or promotion. Subject to availability. Call 01872 501322 and quote 'olive' offer 2011 to book.







## THE FEATHERS, Oxfordshire

Just eight miles north of Oxford lies the charming market town of Woodstock. Here you'll find The Feathers, a chic boutique hotel where wonky wooden beams meet designer bathrooms, and traditional service is combined with refined, innovative British food.

■ **THE RESTAURANT** Head chef Marc Hardiman's menu gives modern British cooking an artful twist in dishes such as local wood pigeon with Jerusalem artichoke, cherry, chocolate pastilla and coffee jelly (pictured). There are more traditional options too, including a sterling plate of Tamworth pork trotter with sticky braised belly and cheek, butternut squash and caramelised apple. The 32-page wine list may seem a little daunting, but there's a good choice by the glass plus helpful staff to make recommendations.

■ **THE ROOMS** There are 16 rooms and five suites, each individually furnished with distinctive touches such as quirky lighting or decanters of jellybeans. All are sumptuous, spacious and come with stunning bathrooms.

■ **THE BAR** The Feathers' gin bar is a star attraction; ideal for cocktails in the courtyard in summer, or for sloe gin by the fire on colder evenings. The cocktail list is well priced, and the bar is otherwise well stocked should you not fancy a G&T.

■ **WHY IT'S WORTH THE CASH** The food alone makes The Feathers worth a visit; the stylish rooms and friendly staff mean it's the perfect weekend bolt hole.

■ **THE BILL** Dinner, two/three courses £39.50/£49.95. Tasting menu, £60. B&b from £165.

*The Feathers, Market Street, Woodstock, Oxfordshire (01993 812291; feathers.co.uk)*



**OFFER 1** Three-course dinner, b&b (Cotswold double), £182 per night, based on two people sharing.

**OFFER 2** Three-course dinner, b&b (Cotswold double) plus cream tea on arrival and pre-dinner Ultimate Gin cocktail, £270, per night, based on two people sharing.

**TERMS AND CONDITIONS** Offers valid 1-30 April 2011. Excludes Easter/bank holidays. Offer 2: Afternoon tea for two and one pre-dinner Ultimate Gin cocktail per person. Bookings must be made in advance and cannot be used in conjunction with any other offer or promotion. Subject to availability. Call 01993 812291 and quote 'olive offer 2011' to book.

## BLYTHSWOOD SQUARE, Glasgow

Taking up an entire side of Glasgow's elegant Blythswood Square, the hotel building used to be the Royal Scottish Automobile Club. Undeniably grand outside (pictured right), inside you'll find stylish design and a warm welcome.

■ **THE RESTAURANT** Smart and modern but not the slightest bit stuffy, the restaurant and bar are set in the former ballroom looking out onto the square. Lights fringed with red add colour and the Harris tweed upholstery feels wonderfully luxurious. The menu is split in two under classic and contemporary headings, so whether you wish to indulge your inner food geek with Arzak-inspired local duck egg with Cévennes onion soubise, crispy migas and sherry vinegar caramel, or prefer the safety of a classic prawn cocktail, you will eat well. There is also a grill menu with a choice of Buccleuch, Mathers and Aberdeen Angus beef, plus an unbelievably good value set Market Menu (£20, three courses), with dishes such as braised pig's cheek and pressed pork belly with parmesan polenta.

■ **THE ROOMS** Most of the rooms are based in a new building seamlessly joined to the back of the hotel. Bathrooms are marble, beds are comfy with a choice of pillows and, joy of joys, there are Tunnock's teacakes alongside the complimentary tea and coffee.

■ **THE BAR** Under the direction of Mal Spence, head bartender, this is the place to come in Glasgow for a serious cocktail. The house cocktail (rye, bitters and simple syrup) is served with a perfect, hand-cut cube of ice. Or try local St Mungo lager from the WEST brewery.

■ **WHY IT'S WORTH THE CASH** Exemplary service from the reception to the breakfast waitresses, excellent food, and really, really good cocktails

■ **THE BILL** Starters £5.50-£10.50; mains £17-£22.50. B&b from £120. *Blythswood Square, 11 Blythswood Square, Glasgow (0141 208 2458; townhousecompany.com)*



**Three-course dinner from the Market Menu plus a bottle of house wine, b&b, £165 per night, based on two people sharing.**

**TERMS AND CONDITIONS** Offer valid 1-30 April 2011. Excludes Easter/bank holidays. Bookings must be made in advance and cannot be used in conjunction with any other offer or promotion. Subject to availability. Book online using the promotional code 'olive' or call 0141 208 2458. [www.blythswoodsquare.com](http://www.blythswoodsquare.com).

ALL OFFERS BASED ON TWO PEOPLE SHARING A DOUBLE ROOM PER NIGHT, INCLUDING DINNER, BED AND BREAKFAST DRINKS NOT INCLUDED UNLESS OTHERWISE STATED. ALL PRICES CORRECT AT THE TIME OF GOING TO PRESS.





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# pro vs punter

Does your average punter agree with the food professionals? Tom Parker Bowles and **olive** reader Sarah Baker compare notes on shopping mall newcomer Tapas Revolution

## THE RESTAURANT



### TAPAS REVOLUTION

Tapas Revolution is a new, fast-service tapas bar in Westfield London, Europe's largest shopping centre. It's the first in a planned series of Madrid-style, all-day tapas bars throughout the UK. The oval bar serves a selection of authentic Spanish tapas, all freshly prepared on-site (although the kitchen is separate from the seating area), using imported ingredients from small Spanish producers, as well as British, seasonal ingredients. Chef Omar Allibhoy trained under Ferran Adria in Spain, and is also head chef at Spanish restaurant El Pirata Detapas in London.

■ Tapas Revolution, The Balcony, Westfield London, London W12 (tapasrevolution.com). Picoteo (nibbles) £1.95-£2.50; charcuterie £4.50-£8.25; hot tapas £3.95-£5.75; cold tapas £3.95-£4.95; bocadillos (sandwiches) £3.95-£6.95; all day breakfast £1.95-£4.50.

- Pushy table turning? No.
- Tap water offered? Carafes supplied on request.
- Veggie options? There are a couple of vegetarian dishes, but most of the menu contains meat or fish.

### SCORES IN THE PAST SIX MONTHS

Restaurant	Food	Atmosphere	Service	Total
Les Deux Salons	18	19	16	53/60
Dishoom	17	17	17	51/60
28-50	16	18	17	51/60
Barbecoa	18	17	16	51/60
Polpetto	16	15	16	47/50
Tinello	15.5	14	15	44.5/60

## THE PRO



**Tom Parker Bowles** is a TV presenter and food writer. His book, *Full English: A Journey Through the British and Their Food*, is on sale now (£12.99, Ebury Press; **olive** offer £10.99, with free p&p. For **olive** book offers, call 01872 562313). Tom and his guest were recognised by the owner on their visit.

## FIRST IMPRESSIONS

The middle of Westfield shopping centre is hardly the perfect place for a new restaurant, especially as Tapas Revolution is a little removed from the main culinary strip. A massage stand bang next door does little to improve the view. But it's a classic tapas bar, with 50 comfortable stools set around an oval service area. Omar Allibhoy is the man behind all this, a seriously talented chef who trained under Ferran Adrià. Formerly head chef at the excellent El Pirata Detapas, he's on a mission to bring Spanish food to the masses. 'In and out in under 30 minutes' and 'fast food without the junk,' he promises.

## SERVICE

Service was efficient and charming, although a glass of manzanilla at the start needed ice. I was with another food critic and we were recognised by Omar who we knew from El Pirata. He kindly removed the price of a bottle of wine, chocolate con churros and sherry from the bill. But, other than that, there was no special treatment; everyone eats well here.

## THE PUNTER



**Sarah Baker** lives in West London and works as an executive assistant. She eats out around twice a week and her favourite types of food are Japanese and Caribbean. Her best ever eating out experience was at The Feathers Hotel in Woodstock, Oxford. Her guilty pleasure is Staffordshire oatcakes with Marmite and grilled cheese.

We were spoiled for choice as, of about 50 stools around the bar, only three were occupied on the evening we went. When we did sit, we were greeted with a smile. Inward-facing stools drew our attention away from the shoppers but paper menu place mats were a constant reminder that we were fast-dining. Reassuringly, the few other diners were Spaniards who ate and ran; a clear indication of how it should be done – unlike us Brits, who indulged in the tapas feast as we would a Sunday roast.

Like the food, service was touch and go. Omar himself wasn't present but the waiters made it feel authentic. Our particular waiter was pleasant and confident with the menu, even indulging our limited Spanish. However, at times, it took a while to get his attention. And, when seeking service from another member of staff, we were told we had to wait for our waiter.





## THE FOOD

The menu mixes tapas classics (tortilla, boquerones, pimiento de Padrón, chorizo and croquetas) with a few more regional treats such as a sandwich stuffed with fried squid (a Madrid specialty), and carrilleras, or pig cheeks slow cooked with PX sherry (pictured, above right). Cortezas, the Spanish version of pork scratchings, had a good crunch and proper taste of pig. Boquerones were exquisite: fat fillets of the sweetest fish sitting in good olive oil that was spiked with vinegar and herbs. Iberico de belotta gran reserva (Spanish ham) was as fine as you'll find in London, sliced tissue paper thin and as rich as it was nutty. At £8.25 for 40g, it's very good value too.

Braised pork cheeks fell apart into luscious strands – you could cut them with a spoon. The tortilla – generous, golden wodge that it was – could have been a touch more runny in the middle while croquetas were a little dense. But, speaking to Omar, this turned out to be deliberate: the journey from kitchen to restaurant is four minutes and the extra flour is needed to keep them in one piece. 'A work in progress,' he promised. Omar's passion for the best ingredients is evident, and it all comes at a decent price. Oh, and don't miss the crisp churros (pictured above, centre). The wine list is short and smart too, with surprisingly small mark-ups.

The authentic menu had basic translations of the ingredients included, with limited descriptions of the cooking methods. Food was hit and miss. The kitchen is a sea of stainless steel microwaves and fridges with not an oven in sight. Watching our meatballs being microwaved was disappointing and on arrival, they were cold and fatty, the meat undistinguished and the tomato sauce bland.

But rib-eye skewers were perfect – hot, well salted and a little pink. An accompanying tangy dipping sauce was a great combination but unnecessary when the meat was so good. Meat and cheese selections were varied and fresh. When asked, the waiter was confident in his descriptions of the cheese. They went perfectly with a glass of tempranillo served in glass tumblers.

Bread was stale, not toasted, and the aioli was odd – although, thankfully, olive oil was at hand. Béchamel and ham fritters looked like balls of beige stodge, although the ham lardons contrasted well with the creamy béchamel. They also threw in anchovies on the house. These were fat and marinated in salt.

We finished the meal on a high with chocolate con churros. The cinnamon sugar-dusted doughnuts came warm with a glass of hot, rich chocolate sauce and the portion was easily big enough for two.

## THE VERDICT

This is undoubtedly the new star of Westfield. Set in the middle of a shopping centre and hampered by some pretty basic kitchen handicaps, it's a tough gig. But, despite this, Omar has triumphed: you'll find no turgid tortillas or greasy scraps of second-rate chorizo here. OK, it's not exactly a place to kick back and have a five-hour lunch, but that's not the point. This is real fast food for people who care about eating. Hallelujah to that.

Tapas Revolution, as the Spanish diners illustrated, is a place to grab something quickly and continue shopping until you're hungry enough to head to a proper restaurant. I wouldn't go to Westfield specially, but I would forego my usual coffee pit stop for the churros and café. Highlights were the friendly waiter and authentic menu. Lowlights: some of the food and the hefty bill.

## THE BILL

**Tom's bill for two** one picoteo, one portion of jamón bellota, five tapas and one bottle of wine (£19.95), including service **£59.84**. One chocolate con churros, two glasses of manzanilla and one carafe of wine were removed from Tom's bill as a gift from the chef.

**Value for money?** Yes.

**FOOD: 8/10**  
**ATMOSPHERE: 6/10**

(shopping centres don't make for hugely convivial eating)

**SERVICE: 8/10**

**Tom's total: 22/30**

**Go again?** Yes. This is exactly what this country needs – good food at sensible prices. Viva la revolución.

**Sarah's bill for two** Four tapas, one cheese and one meat board, bread, one chocolate con churros, two coffees and one bottle of wine (£11.25), including service **£65.18**

**Value for money?** No.

**FOOD 6/10**  
**ATMOSPHERE 5/10**  
**SERVICE 7/10**

**Sarah's total: 18/30**

**Go again?** Yes, but only for the churros.

**WANT TO REVIEW A RESTAURANT?** For a chance to become **olive's** next punter, sign up to our reader panel at **bbcmagazineinsiders.com**



**TOTAL**  
**40/60**



# FISHY Delishy

Tasty **FISH** fillets  
**BAKED IN**  
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**LIGHT**  
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**40**  
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This recipe and more at [hellmanns.co.uk](http://hellmanns.co.uk)

BRING OUT THE BEST

IN YOUR COOKING





Buzzing, dimly lit and with an abundance of cowhide as decoration, Gaucho is famous for its steaks. Ingredients are carefully sourced by executive chef Fernando Trocca and his team, and none more so than the beef shipped from his native Argentina. You can choose between rump, sirloin, fillet, rib-eye in 225g, 300g and 400g slabs, or a 300g piece of picana (topside of rump). Prices start at £13.95 and rise to £38.50, with a choice of sauce for each. Ceviches and tiraditos, from £9.75, make refreshing starters, and there is also a Gaucho burger, £17, and spatchcocked chicken, £17. If you have room for pudding, try the dulce de leche cheesecake, £8. [gauchorestaurants.co.uk](http://gauchorestaurants.co.uk)



# Signature dish

# Gaucho

Give your steak a fresh twist with this Argentinian recipe

## Rib-eye steak with chimichurri dressing

30 minutes ■ Serves 2 ■ **EASY**

You can buy *aji molido* at some supermarkets and from online spice suppliers such as [melburyandaplepton.co.uk](http://melburyandaplepton.co.uk).

**rib-eye steaks** 2 x 225-300g per person

**corn oil**

**rock salt** for seasoning

**CHIMICHURRI DRESSING**

**parsley** ½ bunch

**garlic** 1 clove

**Spanish onion** ¼

**red pepper** ¼

**corn oil** 125ml

**sherry vinegar** 2 tbsp

**aji molido** 1 tbsp (Argentinian crushed red pepper), or use **dried chilli flakes**

■ Make the chimichurri by chopping the parsley, garlic, onion and pepper finely, adding the corn oil, vinegar and aji molido and stirring everything together. Leave to stand ready for serving with the steak.

■ Heat a chargrill to a high temperature,

rub the steak with corn oil and lay it on the grill pan. Season the side of steak facing upwards with plenty of rock salt – the steak will only absorb the salt it needs. Depending on how well done you would like the steak, cook for between 3 minutes (rare) and 4-5 minutes (well done) on one side, then flip to the salt-covered side. Leave for another few minutes before flipping once more. Rest for a few minutes.

■ Drizzle the chimichurri over the steak and serve.

■ **PER SERVING** 962 kJ, protein 49.3g, carbs 107g, fat 80.6g, sat fat 16.8g, fibre 2.8g, salt 1.02g



**olive** readers will receive a complimentary mini-masterclass in malbec, Argentina's most famous wine, at their table before dining at any branch of the restaurant – please quote **olive** when booking and on arrival.

### TERMS AND CONDITIONS

1. One mini-masterclass in malbec wine per person per booking. 2. Please quote 'olive 2011' when booking. 3. Valid until 30 April 2011. 4. Masterclass includes a malbec wine tasting session with Gaucho's sommelier before dinner either at the table or, if available, in the Gaucho Wine Tasting Room.





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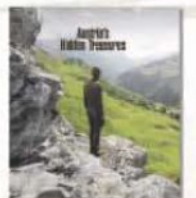


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# eat away

Recipes from around the world  
and ideas for foodie holidays

Edited by ALISON BOWLES

An insider's guide to farm  
shops and the catch of the  
day in North Devon **PAGE 108**

## ALSO IN THIS ISSUE

- \* Jamie Oliver's relaxed French menu **PAGE 100**
- \* Marina O'Loughlin's postcard from Helsinki **PAGE 104**
- \* **olive's** budget and blowout guide to Rome **PAGE 107**



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# EAT LIKE A LOCAL France

Make Jamie Oliver's authentic French recipes at home

Words and recipes JAMIE OLIVER Photographs DAVID LOFTUS

**W**hen I was a young lad, I did a 'stage' (work experience) at a posh hotel in France. Even though it was very hard work, it taught me so much and really opened my eyes to what is often thought of as the greatest cuisine in the world.

Classic cooking techniques that I was introduced to there have never left me, and they helped to give me skills and knowledge I could take into any kitchen and apply to any type of cooking. But over the years I've fallen out of love with the linear, cheffy approach to French food you find in Michelin-starred restaurants. This time, I wanted to learn about French food from cooks, rather than chefs. It was all about cooking with mums and old boys, not a chef to be seen.

Something France gets really right is the way it fights to protect the heritage and integrity of its food products and producers. So cheeses, butter, wine and other agricultural products with a history and tradition that make them unique are protected by the AOC label (Appellation d'origine contrôlée, or controlled term of origin). I love this idea because not only does it protect the quality of the food, it also means that local traditions are safe.



## MENU

- ✱ Roquefort salad with warm croutons and lardons
- ✱ Roast lamb with beans
- ✱ Gorgeous prune and Armagnac ice cream

### Roquefort salad with warm croutons and lardons

Serves 6 as a starter, 4 as a main ■ EASY

#### olive oil

250g piece of **smoked bacon**, the best

quality you can afford, rind removed

2 thick slices of **sourdough bread**, cut into 1cm pieces

4 large handfuls of **lamb's lettuce**, **watercress** or **rocket**, washed and spun dry

2 large handfuls of **radicchio**, washed and spun dry

a large handful of shelled **walnut halves**, sliced

a bunch of fresh **chives**, finely chopped

100g **Roquefort cheese**

#### FOR THE DRESSING

6 tablespoons **extra-virgin olive oil**

2 tablespoons **red wine vinegar**

1 tablespoon **Dijon mustard**

**sea salt** and **freshly ground pepper**

■ Put a large frying pan on a high heat, and once hot, add a good couple of lugs of olive oil. Cut your bacon into thick 1cm lardons (have a look at the picture- that's roughly the size your croutons and bacon should be), and add to the pan. Fry, stirring occasionally, for around 3 minutes, or until you've got a good bit of colour on the bacon and a lot of fat has rendered out. Turn the heat down a little and add your bread to the pan, making sure you spread the croutons out so they take on some colour. Fry for another 3 minutes, or until they've sucked up all the wonderful flavour and are lovely, crisp and golden.

■ Put the extra-virgin olive oil, red wine vinegar, Dijon mustard and a good pinch of salt and pepper into a clean jam jar. Put the lid on and give it a shake, then have a taste and make sure you've got the balance right. You want it to be slightly too acidic at this stage, as you'll get quite a bit of saltiness from the bacon and French dressings tend to be quite sharp.

■ Once your dressing is made, get everyone around the table so they're ready to tuck in as soon as the salad is ready. Put your salad leaves on a big platter, tear in the radicchio, then pour over that wonderful, thick dressing. Scatter over most of your walnuts and chives and all the croutons and lardons. Quickly mix it all up with your clean hands so that every single leaf is coated.

■ Use the tip of the knife to crumble off little nuggets of Roquefort and let them fall straight onto your salad. Finish by scattering over the rest of the walnuts and chives from a height, and tuck in!





Roquefort salad with warm croutons and lardons



Roast lamb with beans  
(recipe overleaf)





## Roast lamb with beans

Serves 6 ■ EASY

*I love the hearty, incredible flavours you get with this dish. By roasting the lamb on a rack directly over the beans, you make sure none of the gorgeous juices that cook out of the lamb go to waste. I used flageolet beans in France because they are very popular there, but really any good-quality tinned or jarred white beans, like haricot or butter beans, would be delicious. When it comes to cooking the lamb you've got two choices: slow-roasting or roasting. When I made this in France I slow-roasted a leg of lamb then shredded it apart on top of the beans (as you can see from the picture on the previous page). However, there's also something beautiful about roasting a leg, slicing it up and serving it slightly blushing – so I've decided to give you both options.*

1 x **leg of lamb** (approximately 2kg), on the bone  
**sea salt** and freshly **ground black pepper**  
**olive oil**  
10 **cloves of garlic**, peeled  
a small bunch of fresh **thyme**  
a couple of sprigs of fresh **rosemary**  
3 **medium leeks**, peeled and sliced diagonally 2cm thick  
2 **onions**, peeled and finely sliced  
1 fresh **bay leaf**  
2 small bunches of fresh **flat-leaf parsley**  
4 x 400g tins of **flageolet beans**  
1.5 litres **lamb, chicken or vegetable stock**, preferably organic

■ Preheat the oven to full whack and get your lamb out of the fridge. Stab it all over with a small sharp knife, then rub all over with a good pinch of salt and pepper and a lug of olive oil. Slice 4 garlic cloves and poke the slices into the incisions you've made, along with some small sprigs of thyme and rosemary. Put the leeks, onions and 6 cloves of garlic into a deep roasting tray. Add a good lug of olive oil and a pinch of salt and pepper, then put on a medium heat and cook, stirring occasionally, for 15 minutes, or until the leeks and onion have softened.

■ Make a kind of bouquet garni by tying the bay, the rest of the thyme and one of the bunches of parsley together with string. Add that to the tray along with the tinned beans and their juices. Pour in all the stock and give everything a good stir.

■ Place your lamb directly on an oven rack, with the tray of beans on the shelf below it. If you want blushing meat, immediately turn the oven down to 180C/350F/gas 4 and cook for 1½ hours. Let the leg rest for 15 minutes

on a board, covered with foil, and you'll end up with beautifully pink meat that is perfect for carving. Your beans will still be quite liquid at this point, so put them over a high heat and let them cook and reduce down while your lamb rests.

■ If you want sticky, pull-apart meat, turn the oven down to 160C/325F/gas 3 immediately after the lamb goes in and cook your lamb and beans for about 3 hours, or until the meat shreds apart easily. Move the leg to a board, cover with foil and leave to rest for 30 minutes. Cover the beans with foil, turn the oven off and leave them in there to keep warm until serving.

■ When ready to serve, take your beans out of the oven and spoon a third of them into a bowl. Use a potato masher to mush them up, then stir them back through the rest of the beans to make them really lovely and creamy. Finely chop your remaining bunch of parsley and stir through the beans. Slice or shred your lamb, then serve it over those gorgeous beans and tuck in.

## Gorgeous prune and Armagnac ice cream

Serves 4-6 ■ EASY

*I've made some delicious ice creams in my day, but this one is particularly special. It uses two ingredients that are a really big deal in the Midi-Pyrénées region where I stayed: prunes and Armagnac, which is a really lovely brandy. Using crème fraîche instead of all cream makes this a slightly less naughty indulgence and also helps to balance out the sweetness of the ice cream and the prune sauce. By blitzing the ice cream after it has set you'll get the smoothest, fluffiest mouthfuls ever, so try this trick at least once. This makes a fairly small batch – enough for about six people to have a good scoop each. If you're an ice cream lover, just double the amount here.*

250ml **full-fat milk**  
1 **vanilla pod**, halved lengthways and seeds scraped out  
5 large **egg yolks**, preferably free-range or organic  
250g **caster sugar**  
250ml **crème fraîche**  
FOR THE PRUNE SAUCE  
200g **prunes**, stoned  
200ml **Armagnac**  
75g **caster sugar**

■ Gently heat the milk with the vanilla pod and seeds in a pan on a medium heat. Just before it starts to boil, take it off the heat and

fish out the vanilla pod. In a little bowl, whisk the egg yolks and sugar together until creamy then immediately whisk that into the hot milk mixture, followed by the crème fraîche. Put aside and leave to cool. Once cool, pour into a suitable dish, cover with clingfilm and pop into the freezer for at least two hours, or until completely frozen.

■ While your ice cream is freezing, get started on the prune sauce. Pop your prunes and Armagnac into a small pan and leave to soak for 30 minutes. Add the sugar to the pan and gently bring everything to the boil. Turn the heat down and simmer for 5 minutes, until thick and syrupy. Blitz with a hand blender so you have a glossy, smooth and jammy mixture – dilute with more Armagnac or a splash of water to loosen if needed. Leave to cool, then cover and put into the fridge so it's chilled by the time your ice cream comes out of the freezer.

■ Once the ice cream has set, take the dish out of the freezer and let it sit for about 5 minutes. Spoon the ice cream into a food processor. Give it a good blitz so it's nice and creamy (but work quickly so it doesn't melt), then return it to the dish and cover with clingfilm. Put back into the freezer for about an hour.

■ When the hour is up, check on your ice cream. It should be frozen but soft now, so take it out of the freezer and pour that cold prune mixture on top. Spoon and fold it through the ice cream a handful of times so you get a beautiful marble effect. Reserve any extra sauce to serve with your next batch of ice cream. Cover the finished ice cream with clingfilm and return it to the freezer so it's ready whenever you want it.



Jamie's recipes are taken from **Jamie Does** by Jamie Oliver, published by Michael Joseph. Copyright © Jamie Oliver 2010; Photographs © David Loftus 2010.

[jamieoliver.com](http://jamieoliver.com); [penguin.co.uk](http://penguin.co.uk)



## olive's guide to France

Bargain Paris plus rural recommendations  
for Brittany and Languedoc

words ALISON BOWLES and OLIVIA WAKEFIELD

## PARIS

## ■ EAT

Although famous macaron purveyor **Pierre Hermé** has hit London, it's worth a visit to the flagship store to sample the seasonal one-offs and limited edition flavours. The most decadent are the pretty-in-pink mandarin and rose, and the earthy olive oil and vanilla flavours. From €1.50. ([pierreherme.com](http://pierreherme.com))

Overlooking the Jardin de Tuileries, and around the corner from the Louvre, is **salon de thé Angelina**. For over a century, it's been the perfect place to settle down with a book, a Mont Blanc chestnut pastry, €6.90, and their world-famous chocolat-chaud, €7.95. (226 rue de Rivoli; 00 33 1 42 60 82 00)

You may not come to Paris specifically for falafel, but **L'As du Fallafel**, tucked away in the trendy Marais area, is so good it would be a shame to miss it. Go for the soft falafel pitta-wrap topped with green salad and minty, natural yoghurt, €5 to take away, €7 to eat in. (34 rue des Rosiers; 00 33 1 48 87 63 60)

**La Perle** recently cemented its status when designer John Galiano stopped by. Whatever its celebrity status, the food and drink is good; drop in for a mojito, €9.50, succulent steak, fried egg and pommes frites, €10, and glass of Bordeaux, €5.50. (78 rue Vieille-du-Temple; 00 33 1 42 72 69 93)

## ■ DRINK

Brush up your tasting skills and French wine knowledge with an English-speaking sommelier in **O Chateau's** cellars. Opt for an introductory hour of three wines, €30, or the more encompassing two hour and six wine (including one champagne) Le Tour de France of Wine, €50. ([o-chateau.com](http://o-chateau.com))

## ■ SLEEP

Cheap chic accommodation is hard to find in Paris, however that's exactly what **New Orient Hotel** offers. It's located in the Europe district and just 20 minutes from Montmartre and the Champs-Élysées. Doubles from €80. ([hotelneworient.com](http://hotelneworient.com))

## BRITTANY

**Guebernez's** rustic, secluded self-catering gites in Morbihan, southern Brittany, are within walking distance of a bakery, bar, creperie and most importantly, a good restaurant. **Chez Marie** serves traditional hearty dishes, €11 for three courses with wine. The smaller of the two gites **Le Pressoir** sleeps four, from €230 per week, **Le Grande** sleeps six, from €347 per week, and included is a hamper of local goodies – cider, cheese and bread as well as organic veg. The owners also provide a guide to local markets and restaurants. ([gitesatguebernez.com](http://gitesatguebernez.com))

## LANGUEDOC

The unspoilt village of Hérépian, in the Natural Regional Park of Upper Languedoc, is home to **Le Couvent d'Hérépian**, a 17th century convent that is now a boutique retreat. There are just 13 bedrooms, a spa and excellent table d'hôte offering sourced from the local deli. Expect regional dishes and produce from the surrounding farms such as fig-stuffed duckling, rabbit loin served with pan-fried vegetables and apple pastry, three courses €29. A short walk away is excellent **L'Ocre Rouge** restaurant. Doubles from €125. ([garrigaeresorts.com/en/Couvent-d-Herepian/](http://garrigaeresorts.com/en/Couvent-d-Herepian/))



Gorgeous Prune and Armagnac Ice Cream







# Postcard from Helsinki

Marina travels to the Finnish capital and enjoys traditional ingredients and cool retro designs

Words MARINA O'LOUGHLIN Illustration MARK WATKINSON

**P**laying word association with Helsinki throws up Vikings, modernist design, Nokia, bizarre Eurovision winners Lordi and, um, now I'm struggling. Food, to be blunt, isn't the first thing that springs to mind. But to overlook the city's intriguing culinary offerings would mean missing out on a bit of a thrill.

Sometimes, it's hard immediately to get the real flavour of a place, especially if you like things haute. **Chez Dominique** (chezdominique.fi) – two Michelin stars and acknowledged as the best in Finland – has all the hallmarks of the heavy hitter. We could be anywhere: it's a style I'd call International Posh Bland.

The food is a different matter. Formerly, chef Hans Välimäki's menu bristled with Jabugo ham and spherified mozzarella. But now it's all about terroir, with dishes like fennel and dry caramel (Välimäki is fond of his dehydrator), reindeer tartar with oyster, and the Noma-esque 'smoke, marrow and soil'. It's a crafty, clever tightrope walk between ethereal and earthy.

A new chum, Tomi Laurila – who runs foodie safari company **Eatbest** (eatbest.fi) – takes us on a market crawl. The old market hall **Wanha Kauppahalli** (wanhakauppahalli.com) is lovely, with its carved wood and atmospheric walkways. Who knew there were so many different kinds of smoked fish? Not to mention vats of rainbow-hued fish roe, dense black loaves stuffed with shoals of tiny fish, and the famous Finnish apple pie. But flocks of tourists mean macarons and kebabs,

too. I much prefer **Hakaniemi** market in the grittier Kallio, which seems altogether more real, rammed with locals piling dazzling organic produce into baskets and wheelie bags.

Buoyed by this, we're determined to get further under the skin of this engagingly melancholy, friendly, and slightly bonkers city. There's atmospheric **Seahorse** (seahorse.fi), rammed with original art and vast portions of home-style Finnish cuisine: shrimp casserole, stuffed cabbage rolls. And funky, off-piste little **Kuurna** (kuurna.fi) near the docks – so insouciant

**'The former sex shop is so cool that, once inside, I feel as happening as Ann Widdecombe'**

it says only 'Ravintola' (restaurant) outside. Here, cool young things eat from a brief, weekly-changing menu (vividly green foraged herb soup, almond cake with spruce ice cream) under a vaulted, peeling ceiling.

Our hotel, **Klaus K** (klauskhotel.com), is modern and chic, peppered with intriguing art and full of people who look like famous architects. This may be forward-looking Helsinki, but within staggering distance are two atmospheric blasts from the past. **Café Ekberg** (cafeekberg.fi) has an air of faded gentility, but there's nothing retiring about the customers or banks of blowzy, indulgent specialties – sticky sponge champagne corks, millefeuilles, apple meringues. **Kosmos** (ravintolakosmos.fi),

pleasingly gloomy with its wood panelling and grandma's boudoir lighting, has suitably unreconstructed food: cured reindeer with cloudberries, sweetbread sausage. Flavours are almost Russian: smetana, borscht, clear perch soup. And I could eat the sweet Finnish crayfish until I'm properly ill.

Above an undistinguished parade of shop lies **Savoy** (royalravintolat.com/savoy). Through what looks like an office block entrance, a lift whisks us up to the top and... wowsers: this is a design spod's erotic dream, like walking into history. Created by Helsinki's famous Alvar Aalto in 1937, everything remains intact, from the terrace overlooking Helsinki's rooftops to the immaculately preserved fittings. I lust after everything: wood panelling, light fittings, furniture, iconic Aalto wave vases. If I sound carried away, it's because I am.

The food? It's upmarket, expensive, Franglais with Nordic accents – think roast duck with black salsify and barley with lingonberries, and Savoy's famous vorschmack, a wildly savoury dish of minced beef and lamb laced with herring (much nicer than it sounds). But, quite frankly, they could feed me KFC in here and I'd be happy as a clam.

We might be labouring under the impression that Helsinki's all about retro, but a visit to **A21** (A21.fi) puts paid to that misconception. This former sex shop is so utterly cool that, once through its understated doors, I feel about as happening as Ann Widdecombe. Thank goodness for velvet rope leniency. Suomi (Finnish) cocktails feature intriguing



**Marina O'Loughlin, London newspaper Metro's restaurant critic, has remained incognito for 12 years. She regularly travels the UK and abroad in search of culinary adventure.**



Chez Dominique's reindeer tartar with oyster



Café Ekberg specialises in a range of indulgent cakes



## Finnish apple pie

1 hour ■ Serves 6 ■ EASY

**sweet pastry** 375g  
**apples** 3-4, cut into very thin wedges  
**soured cream** 150ml  
**vanilla extract** 1 tsp  
**cinnamon** 1 tsp  
**egg** 1, beaten  
**brown sugar** 2 tbsps

■ Heat the oven to 190C/fan 170C/gas 5. Roll the pastry out to pound coin thickness, then line a lightly buttered pie dish and crimp the edges. Fill the pastry crust with the apples. Mix together the soured cream, vanilla, cinnamon, half the sugar and egg. Pour over the apples. Sprinkle on the rest of the brown sugar. Bake for about 40-45 minutes until the pastry is crisp and the filling cooked.

■ PER SERVING 424 kJ, protein 5.4g, carbs 46.1g, fat 25.5g, sat fat 10g, fibre 3g, salt 0.39g

flavourings: cloudberry, maybe, or rhubarb. They're vast, delicious and lethal, and I still have the bruised coccyx to this day (don't ask).

Our last destination is properly fairytale: one of the tiny islands – most of them are only big enough for one building, often a restaurant – in the Helsinki archipelago.

**Saaristo** (asrestaurants.com) on weeny Klippan (sounds like we're lost in Ikea) is an intricate wooden fantasy: beams shaped like dragons, vast bay windows looking over the silvery sea, onion-shaped

cupolas, like the setting for an Elvish wedding. Whimsical? Maybe. But you should see the place.

Our waitress warns us about wandering around outside. 'Beware the albatrosses,' she says in typically excellent English, 'they will sh\*\* on you out of badness.' The food is buffet style: cured salmon, laveret (whitefish) roe, roasted pike perch on potatoes, beetroot pickle. It may not be the most sophisticated food we've eaten, but as a farewell to the city I can't imagine anything more magical.



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BUDGET and BLOWOUT guide to

## Rome

Dodge the tourists and follow **olive's** lead to authentic Roman food Words CARLA CAPALBO

When in Rome, don't shop in supermarkets or eat fast food. Do as Romans do: shop in delis and markets, drink artisan beers, eat the best pizza, gelato and the cucina of Rome's top chefs.

**TRUST olive** Award-winning food and wine writer and photographer Carla Capalbo has lived in Italy for 20 years, writing books about the country's best producers, and articles for *olive*, *Decanter* and *The Independent*. Her latest book, *Collio*, won the André Simon Best Wine Book award.

## BUDGET

## BLOWOUT

LUNCH



\* Family trattoria **Da Cesare** serves all the classics, from rigatoni alla amatriciana (pasta with bacon, onion, tomatoes and goat's cheese) or gnocchi, both €10, to grilled scottadito (lamb chops), €13. Finish with ricotta and pear tart, €6. (ristorantecesare.com)

\* **Roscioli** (pictured) is Rome's favourite foodie address. Shop for a picnic or goodies to take home such as handmade salumi, or eat in and enjoy impeccably sourced produce made into dishes such as artichoke salad or carbonara, both €15, and tiramisu, €11. Wines by the glass from €5. (salumeriaroscioli.com)



\* **Il Sanlorenzo's** vaulted rooms are the setting for Rome's freshest seafood brought direct from local Ponza island fishermen. Sample spaghetti with sea urchins (pictured), €25, and the day's catch baked in salt, €10/100g. (ilsanlorenzo.it)

DINNER



\* Chef Luigi Nastri makes the most of Mediterranean ingredients in his restaurant **Settembrini**. Order lemon risotto with squid and liquorice, €16, or pasta with pulses and prawns, €12, à la carte, or as part of his five-course seafood dinner, €55. (ristorantesettembrini.it)

\* **L'Arcangelo** (pictured) offers classic Roman flavours in a refined trattoria near Piazza Cavour. You can't beat its tonnarelli with pecorino and black pepper, €15, or baked squid and spicy pancotto (bread soup) with bitter chocolate, €22. (Via Giuseppe Gioacchino Belli 59; 00 39 06 3210992)



\* **Il Pagliaccio** offers some of the city's most imaginative food. A la carte from €35, or multi-course menus for €135 and €155, featuring dishes such as cuttlefish and broad bean dim sum with octopus. (ristorante ilpagliaccio.com)

DRINK



\* **Il Gocetto** (pictured) is an enoteca (regional wine shop) near the piazza Campo dei Fiori offering a range of imaginatively chosen wines by the glass, from €4 to €18, or by the bottle. Handmade cheeses and cured meat complement the wines. (Via dei Banchi Vecchi, 14; 00 39 06 6864268)

\* **Bir e Fud**, an atmospheric, cult beer bar in the arty Trastevere district showcases over thirty of Italy's artisan beers, from €5. They perfectly match the pizzas they've been paired with, from €12, and the hand-cut crisps. (Via Benedetta, 23; 00 39 06 5894016)



\* Rome's favourite barman, Pino Mondello, and chef Luigi Nastri have taken over Bar Giolitti to create the **Settembrini Café**. This is the place for cocktails such as Cynaroni, €8, or champagne, from €9. (Via Settembrini 19-23; 00 39 06 97610325)

HOTEL



\* Book well ahead for **La Piccola Maison**, a clean-lined small b&b in a 19th-century palazzo near Via Veneto's glam boutiques and caffes. Doubles from €70. Its pale-toned furnishings and sparse design offer a welcome respite from the colourful street life down below, a few steps from *La Dolce Vita's* Trevi Fountain. (lapiccolamaison.com)

\* If you fancy a quiet retreat after a day among the tourist crowds, **Villa Urbani** (pictured) is an intimate b&b in an art nouveau villa on the hill of Trastevere. The light-filled house has modern furnishings and free wi-fi, doubles from €100. (villaurbani.it)



\* **Residenza Canali ai Coronari** offers peaceful rooms in a period palazzo furnished with antiques. From here you can step out into Piazza Navona for a nightcap or gelato. Doubles from €189. (residenzacanali.com)

MUST DO



\* Lunch in the cafeteria at **MAXXI** (pictured), architect Zaha Hadid's museum of the 21st century, and the 2010 World Architecture Festival's best new building. Choose from the local or low-cal menus: paccheri with mackerel, €10, or grouper and vegetables baked in paper, €14. (fondazionemaxxi.it)

\* In a piazzetta behind Piazza Navona is Rome's finest ice cream shop, **Gelateria del Teatro**, in Via San Simone. Sage and peach, pear and caramel, sesame or banana – heaven in a cone, from €3.50. (Via di San Simone 70; 00 39 06 45474880)



\* Where better to blow your money than farmers' market **Mercato San Teodoro**, open Saturdays and Sundays. Shop for cheeses from the Lazio region, olive oils and fruits and vegetables. (mercatoircomassimo.wordpress.com)



# INSIDER'S GUIDE TO North Devon

**Martin Dorey**, surfer, cookbook author and presenter of BBC Two's *One Man and His Campervan*, lives on the North Devon coast and recommends his favourite local places to eat and drink

**'I love North Devon - when you visit you'll soon see why. It's not just about great beaches, some of the finest ingredients are found and grown here too. There are mussels on the rocks, mackerel in the sea, chanterelles in the hedgerows and Ruby Red cattle in the fields. Why would you go anywhere else?'**

## EAT

■ There's no shortage of places to get a top breakfast in North Devon, but one that stands out is **The Corner Bistro**, Braunton, where you can get a full Devonshire breakfast for £5.95. Everything is free range, locally sourced and beautifully cooked at this French-style café. (thecornerbistro.com)

■ For lunch by the sea, **The Beaver Inn**, Appledore, is a must. This traditional boozer is in an incredible quayside location, with a terrace overlooking the water and great pub grub. The specials board has locally caught seafood, such as scallop and monkfish in cider and cream sauce, £13.50. (beaverinn.co.uk)

■ In Braunton, **The George Hotel's** traditional mahogany and brass interior and black and white pictures belie its amazing Thai menu. There are two kitchens; one taking care of classics, the other serving delicious, authentic Thai dishes - try the classic beef gaeng khiao waan (green curry) with sticky rice, £8.80. (thegeorgehotel-braunton.co.uk)

■ On an alley leading away from the sea front in Bideford, **Velvet and Vanilla** is a small, cosy café, serving simple, home-cooked food. Try a Serrano ham, mature cheddar and caramelised onion chutney toastie, £6.50, with a bowl of homemade soup, from £2.50. The scones are legendary. (velvetandvanilla.co.uk)

■ Book ahead for Brett and Naomi Stevens' award-winning restaurant **Memories** in Northam. The low-key decor and fish sculptures on the walls indicate what you'll find on the menu. Try the pan roasted local brill with leek and parmesan potatoes, chive and lemon velouté; £25.50 per person for three courses, Wednesday to Saturday evenings only. (8 Fore Street, Northam; 01237 473419)

■ Atmosphere is key at **The Old Smithy**, Welcombe. New owners Rich and Jen have put their mark on this cosy, thatched pub. You might not think that 70s prints and quirky lampshades would work with low ceilings and oak beams, but they do. The food's good, too - try the sweet potato and chilli soup, £4.80, or the Ruby Red 10oz sirloin from Bob the Butcher, £14. (theoldsmithyinn.co.uk)

## DRINK

■ I'm at my happiest when sitting outside **The Red Lion**, Clovelly, on a fine spring evening with a pint of local ale. Inside, the tiny snug bar is welcoming and cosy, with a roaring fire and a seafaring charm. Outside, bobbing boats and squawking seagulls complete the scene. As Devon as it gets. (clovelly.co.uk)

■ If you fancy somewhere with a more modern slant, try a drink from the long list of cocktails at **Claytons**, Barnstaple. This friendly bar has a relaxed, mellow vibe; there are huge artworks covering the walls and a glow-in-the-dark fish tank, and DJs at the weekend. (claytonsbarnstaple.co.uk)

**Clockwise from above: Ilfracombe; Clovelly; The Red Lion at Clovelly**



## SHOP

■ **Dan the Fish Man** is a colourful local fishmonger. He's full of stories, recipes and chitchat, and you'll find his brightly painted barrow, full of fish fresh off the boat, somewhere different every day. Check the website for locations. (clovellyfish.com)

■ **Hartland Farm Shop** is a farm shop as it should be: wicker baskets filled with vegetables and a fridge bursting with home-reared meats and local dairy products. There's also a café for a sit-down and a slice of cake. (hartlandfarmshop.co.uk)

■ Everywhere you go in North Devon, you'll see roadside stalls with honesty boxes selling fresh local produce. It's a sure-fire way of getting what's in season. My favourite is at **Parkham**. Nothing but delicious, free-range eggs, £1.40 a dozen.







#### MUST DO

■ Jump aboard the Jessica Hettie with **Clovelly Charters** and skipper Clive Pearson for a sea-fishing adventure. Snorkelling with seals, fishing and a trip to the UK's only statutory marine reserve, Lundy Island, are included. (clovelly-charters.ukf.net)

■ **Felicity Sylvester** is a lively one – she's been teaching cooks about seafood for more than 20 years and runs courses in Appledore, where her family have a fish and chip shop. She might even show you how to hypnotise a lobster. (brilliantfishcommunityinterestcompany.com)

#### SLEEP

■ Get back to nature with a camping adventure at glorious **Berridon Farm**. You can sleep under canvas but you won't have to give up the luxuries in their huge tents with running water, thick duvets,

wood burners and proper loos, all in a beautiful secluded field with sheep, goats and chickens. From £295 for a three-night weekend. (berridonfarm.co.uk)

■ Desperately seeking isolation? Find it at the cosy, oak-beamed, slate-roofed, stone-built **Blackpool Mill** cottage. It's yards from a deserted beach and a short hike from the pub. I camped on the cliff edge near the cottage in the first episode of *One Man and His Campervan*. Take it from me – it's a wonderful location. Book very early. Sleeps eight, from £775 per week. (hartlandabbey.com/Cottages.htm)

■ For old-fashioned luxury try **The Saunton Sands Hotel**. Built high on a cliff, this landmark art deco hotel is a top spot for waking up to incredible views. Dinner, b&b from £61 per person, based on sharing a double room. (brend-hotels.co.uk/TheSauntonSands)

**TRUST olive**

Martin Dorey,  
the presenter of  
BBC Two's *One*



*Man and His Campervan*, loves to make an adventure out of finding and cooking food. Since his first foraged meal of steamed mussels – found after surfing in North Devon – he's been gathering, cooking and learning. His book, *The Campervan Cookbook*, is filled with ideas for two-ring cooking in the ultimate surfer's ride, a vintage VW camper.

**BBC TWO**

The ten-part series *One Man and His Campervan* was shown on BBC Two in February.







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Asian-style restaurant and much more. On the newest addition to the fleet, Azura, you can dine at Atul Kochhar's restaurant, Sindhu, sip wines selected by connoisseur Olly Smith in The Glass House, and enjoy lazing on deck as you watch a blockbuster at the open-air cinema. With all main meals and entertainment included in the price of a P&O Cruises holiday, it is fantastic value for money.

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# COOK LIKE A PRO

Smart ways to improve your culinary skills

Words CHARLOTTE MORGAN and LULU GRIMES Photographs DAVID MUNNS

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#### GADGET GURU **100% COTTON TEA TOWEL**

You may not need **olive** to tell you how useful a tea towel is, but the right one will give you a cheffy edge in the kitchen. Well floured, this heavy cotton towel from catering giant Nisbets (nisbets.co.uk) makes a great proving cloth for bread (then you can easily roll the dough onto a baking sheet), or, as chef Theo Randall does, wrap them around a rotolo (a pasta roulade) and tie the ends before boiling the lot. Go for an uncoloured towel or your food may come out dyed. From £1.89 each. 🌱

**olive**  
**APPROVED**



## CUPBOARD LOVE CANNELLINI BEANS

### FIVE THINGS TO DO WITH THAT TIN IN YOUR STORECUPBOARD

#### ■ Spiced cannellini beans

Fry 1 finely chopped **onion** with 1 clove of **garlic**, add ½ tsp **tumeric**, a pinch of dried **chilli flakes** and 2 tsp **garam masala** plus 1 tin drained **cannellini beans** and a splash of water. Cook together for a few minutes. Serve with some yoghurt.

#### ■ Penne with cannellini beans

Cook enough **penne** for four people. Combine one can of **chopped tomatoes** and one tin of drained **cannellini beans** and bring to the boil. Simmer for 10 minutes, then stir in a bag of **baby spinach**, 2tbsp **pesto** and season well. Add the sauce to the pasta and finish with a sprinkling of **parmesan**.

#### ■ Cannellini bean and tuna salad

Toss a tin of drained **cannellini beans** with some sliced **red onion**, a drained tin of **tuna**

and a bag of **rocket** leaves. Whisk 3 tbsp **wine vinegar**, 2 tbsp **olive oil** and a pinch of salt and black pepper together and drizzle over salad (see below).

#### ■ Tuscan cannellini beans

Fry a chopped clove of **garlic** in **olive oil**, add some chopped **courgette** and cook until soft. Add a tin of drained **cannellini beans** and 1tbsp freshly chopped **rosemary** and a dash of **white wine**, then simmer for 10 minutes. Serve as a side.

#### ■ Cannellini bean dip

Drain a 400g tin of **cannellini beans** and mash with a fork. Add 1-2 finely chopped cloves of **garlic**, a sprinkle of chopped fresh **rosemary** or **oregano**, 2tbsp of **olive oil** and the juice of 1 **lemon**. Mix until smooth, then season.



## GASTRONERD VADOUVAN

A French version of an Indian spice mix. Fry a sliced onion, 3 sliced cloves of garlic and 3 sliced shallots until brown. Add ½ tsp fenugreek, 2 tsp whole cumin, ½ tsp turmeric and curry leaves then fry. Sprinkle over rice dishes.

## SHOP LIKE A PRO

Organic ingredients worth switching to, and why

### Crazy Jack organic traditionally dried apricots

(£7.96/kg, Sainsburys.co.uk) are dark brown, unlike most dried apricots, which are treated with sulphur dioxide to make them look orange. Fry 4-5 chopped apricots with some pistachios and a chopped spring onion and stir through cooked couscous.

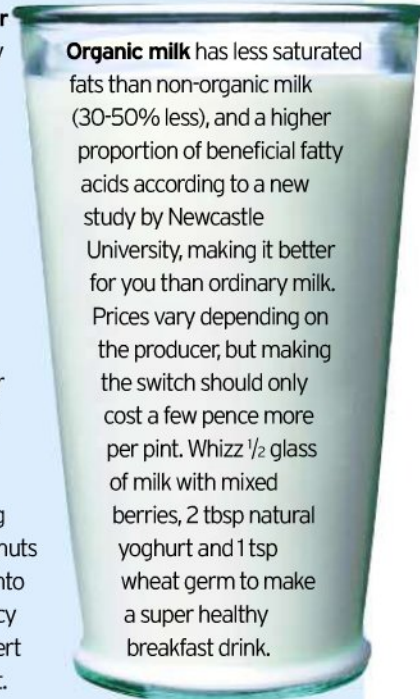


### Aspell Organic Cider Vinegar

(£3.12, widely available). Cider vinegar is thought to be a health tonic simply stirred into a glass of water, so think what an organic version used with gay abandon in the kitchen can do for you. Try whisking 100ml with 2 tsp grain mustard,

50ml olive oil and seasoning and use to dress leaves, walnuts and apple slices. Stir 1tbsp into stews to add a bit of piquancy or stir into melted camembert for superior cheese on toast.

**Organic milk** has less saturated fats than non-organic milk (30-50% less), and a higher proportion of beneficial fatty acids according to a new study by Newcastle University, making it better for you than ordinary milk. Prices vary depending on the producer, but making the switch should only cost a few pence more per pint. Whizz ½ glass of milk with mixed berries, 2tbsp natural yoghurt and 1tsp wheat germ to make a super healthy breakfast drink.



**Tomato ketchup** contains lycopene, said to help fight cancer, but organic varieties have up to three times as much. Mix 1tbsp tomato purée with 3 chopped fresh tomatoes and a drizzle of balsamic and use to dress bbq'd mackerel fillets. Look out for dark red organic ketchups, the darker the better. (Tiptree Organic Tomato Ketchup, £1.66/210g)



## CLASSIC COOKBOOK

**Food of the Sun** is the second collaboration between chef Alastair Little and food writer Richard Whittington (who sadly died this year) and is their very distinctive take on Mediterranean cuisine. As well as a collection of wonderful, properly written recipes, what makes this book a real gem are the witty, clever introductions making it a good read

as much as a kitchen tool. 'Eat enough garlic and you will smell like a Marseille cab driver. This is inescapable and fortunately no longer ensures social death in modern lifestyle-magazine-reading households,' begins the recipe for garlic purée with aubergine crisps and the very pertinent instruction in the introduction to cocida reads: 'The quality of the sausage determines whether this experience is extraordinary or unremarkable.' Quite. Published in 1997 by Quadrille, now available secondhand on amazon.co.uk.



# MASTERCLASS

**olive's** food guru Lulu Grimes shares her cooking secrets



Lemon drizzle is one of those cakes that everybody loves and is a doddle to make. It's also a good base for experimentation - you can use a drizzle icing made with icing sugar, turn the topping into a crunchy experience by using demerara instead, or slather it with buttercream. The basic flavouring can be changed for orange or lime, you can add preserved ginger and whole fresh raspberries or blueberries. You can also add flavour by using a cordial to drizzle over the top - ginger, elderflower or lime mixed with granulated sugar for crunch works well. I prefer it made in a loaf tin but it works just as well in a round one.

## Lemon drizzle cake

✱ 1½ hours ■ Makes 1 ■ EASY

**butter** 225g, softened  
**golden caster sugar** 175g  
**lemons** 3, zested and juiced  
**eggs** 4, beaten  
**self-raising flour** 175g, sifted  
**ground almonds** 50g  
**icing sugar** for the icing

■ Heat the oven to 180C/fan 160C/gas 4. Butter and line the base of a loaf tin roughly 17x8x10cm. Beat the butter and caster sugar using an electric whisk until pale and creamy. Add the lemon zest and whisk the eggs in little by little, beating well between each addition - don't worry if it looks curdled.

■ Fold the flour and almonds into the cake mixture using a large metal spoon or spatula, and then fold in 2 tbsp lemon juice. Spoon into the cake tin and bake for 50 minutes or until a skewer inserted into the middle of the cake comes out without any raw mix on it. Cool for 10 minutes.

■ Meanwhile, mix the remaining lemon juice and enough icing sugar to make a thin icing. Poke a few holes into the top of the cake with a toothpick and drizzle some of the icing over the cake. Cool in the tin for a further 30 minutes and then remove from the tin, put on a rack set over a tray and drizzle on the rest of the icing. Cool completely.

### THREE ALTERNATIVES

✱ This mix also makes very good cupcakes - divide the mix between 12 deep cases and then bake for 18-20 minutes, or until cooked. Drizzle the top of each with the icing.

✱ To make an orange version, use the zest of 2 oranges but the juice of only one. A little zest in the icing will help bump up the flavour.

✱ A shot of **limoncello** added to the icing will add flavour and a decadent edge to the cake.







## NEW SERIES

Tony Conigliaro is a pioneering molecular mixologist. His latest venture, *The Bar With No Name* in north London, has a lab upstairs and a bar downstairs, where Tony showcases his inventions. (69colebrooke row.com)

### EVOLUTION OF THE MODERN COCKTAIL TONY CONIGLIARO EXPLAINS HOW TO BRING CLASSIC COCKTAILS BANG UP TO DATE

#### WHISKY SOUR

In recent times we have seen the re-emergence of the whisky sour as an iconic drink. The balanced composition of sweet, sharp and spirit results in a richly layered and complex cocktail. The genius of the whisky sour, and perhaps the reason for its popularity, is that it makes whisky approachable for non-whisky drinkers. For the whisky connoisseur the sour is an interesting format that changes the profile of whisky without compromising its bolder ingredients.

My preferred measurements for the whisky sour are: 50ml **blended whisky**, 25ml fresh **lemon juice**, 25ml fresh **egg white** and 15ml **sugar**, with a dash of **bitters** for length. I like to use Scotch for its sharp flavour and the addition of fresh egg white binds the ingredients of the cocktail, very much as it does in baking. The whisky sour should be shaken twice, first without ice. Dry-shaking, or shaking minus ice, allows the ingredients' protein chains to open up and emulsify, creating the luxurious foam that should crown the top of a good sour. Add ice for a second vigorous but short shake and serve straight up in a sours glass rather than on the rocks, which I find dilutes and damages the structure of the drink.

When creating cocktails, some flavour marriages are fashioned using gut instinct. The addition of liquorice to the Colebrooke Row whisky sour was exactly this. I use homemade high-grade liquorice syrup, and grind pure liquorice pellets over the finished drink for a garnish with delicious aroma.

Next month:  
Bloody Mary



### SHARPEN UP BREAD-MAKING LESSONS

#### EXPAND YOUR CULINARY REPERTOIRE BY MAKING YOUR OWN BREAD

■ **Bertinet Kitchen, Bath** (thebertinetkitchen.com, £195).

Making bread with Richard Bertinet is like cooking tarte Tatin with Raymond Blanc. An absolute expert in his field, Richard (author of *Dough* and *Crust*) fell in love with bread at the age of 14 and the love affair continues to this day. His technique of bread-making - folding and slapping the dough, as opposed to 'needless' kneading - is both unique and inspired; students learn how to make everything from his signature fougasse to focaccia; and he always finishes off his class with a French feast, table buckling under the weight of the day's efforts.

■ **Cinnamon Square, Rickmansworth** (cinnamonsquare.com, £120). This Hertfordshire bakery offers both an introductory bread-making course and an advanced masterclass, the latter of which involves learning about the Italian biga style of baking and pâte fermentée ('old dough').

■ **Bread in Five, Fife** (breadinfive.co.uk, £40). You can choose which bread to bake here - German stollen, coarse oatcakes and lemon bread are just a few examples - and tasting as you go is considered essential at this quirky b&b/bakery in Scotland.

### MEDIA MUST-HAVES



#### BLOG: VORACIOUS EATER

Helena Lee ([voracious-eater.blogspot](http://voracious-eater.blogspot)) religiously updates her blog with cookbook reviews, restaurant shout-outs and recipes to try - give her 'angry flapjacks' a go.



#### APP: TEACH ME SUSHI

This app breaks the art of sushi-making down into simple steps. With the help of videos, you'll learn how to cook rice, pick the right fish and create many a fancy roll. (£2.99)



#### TWITTER: MATKIWI

When 2009 *MasterChef* champ Mat Follas is not tweeting menu ideas for The Wild Garlic, he's making us hungry with talk of the day's lunch. 🍱



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# CHEF SKILLS

## Making pastry

Chef Paul Merrett shows you how to make a flavoured pastry to add a new twist to a classic tart

Recipe PAUL MERRETT Photograph DAVID MUNNS

### Pancetta and cheddar tart with thyme and paprika pastry

1½ hours + chilling ■ Serves 6 ■ EASY

**full-fat milk** 150ml  
**eggs** 3  
**double cream** 250ml  
**pancetta** or **bacon lardons** 200g  
**button mushrooms** 100g, sliced  
**mature cheddar** 100g, grated  
**THYME AND PAPRIKA PASTRY**  
**plain flour** 200g  
**smoked paprika** ½ tsp  
**thyme leaves** ¾ tsp  
**butter** 100g, chilled and finely diced

■ Heat the oven to 190C/fan 170C/gas 5. Make the pastry and line a 24cm (3-4cm deep) tart tin following the steps opposite. Bake for 20 minutes then take out the beans and paper and cook for another 5 minutes or until the base has dried out. Turn down the oven to 150C/fan 130C/gas 2.

■ Trim the overhanging edges of the pastry with a small serrated knife while still warm. Whisk the milk, eggs and double cream. Fry the pancetta and mushrooms in a non-stick pan until both are slightly golden. Stir them into the egg mix while still hot then mix in the cheese. Pour the mix into the baked tart case.

■ Cook for 40 minutes until just set. Cool a little in the tin and serve warm.

■ **PER SERVING** 685 kJ, protein 20.1g, carbs 28.2g, fat 55.5g, sat fat 29.9g, fibre 1.2g, salt 2.46g



Paul Merrett is head chef and joint owner of The Victoria in Southwest London (thevictoria.net). He is the author of several books including *Using the Plot*, *The Allotment Chef* and *Economy Gastronomy*. He is a regular guest on BBC One's *Saturday Kitchen* and co-presented BBC Two's *Economy Gastronomy* with Allegra McEvedy.





**1** Sift the flour and smoked paprika with a pinch of salt. Grind the thyme in a pestle and mortar to release the flavour then stir into the flour mix.



**2** Add the diced butter to the flour and rub together lightly with the tips of your fingers.



**3** Keep rubbing the flour and butter until the mix resembles breadcrumbs.



**4** Add 2-3 tbsp water gradually bringing everything together to make a dough. Form into a disc then wrap in clingfilm and rest in the fridge for 20 minutes.



**5** Dust your work surface with flour then roll out the pastry into a rough circle, turning every now and again to keep the circular shape.



**6** Use the tin as a guide to check you have rolled the pastry big enough. Ideally you want a little bit of overlap to prevent shrinkage.



**7** Lift up the pastry onto your rolling pin then carefully unfold onto the tin.



**8** Ease the pastry carefully into the tin. Use the side of your little finger to make sure the pastry is pushed into the corners and flutes of the tin.



**9** Cut a circle of greaseproof paper big enough to line the tart case then scrunch the paper up to make it pliable. Line the tin with this then fill with ceramic baking beans or dried beans.

NEXT MONTH PREPARING MACKEREL



cook like a pro  
tv & radio

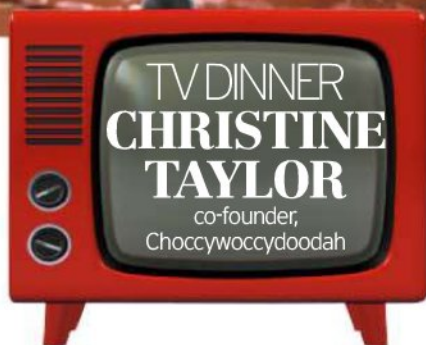
# What's on

Settle into this month's best food TV

Words TERRY RAMSEY



Charlie and the Chocolate Factory



Brighton-based cake and chocolate shop Choccywoccydoodah made the chocolate for Tim Burton's *Charlie and the Chocolate Factory* and the chocolate feast in *Harry Potter*

and the *Goblet of Fire*. A new documentary series, also called *Choccywoccydoodah*, goes behind the scenes to see them at work.

## ON THE PLATE

'If I'm organised, I'll have **chilli con carne** – made the day before and re-heated with melted dark chocolate.

'I fry chopped **onions** and chopped **peppers**, season, then add chopped **chillies** and **ground cumin**. Sometimes I use **garlic**, sometimes not. I add **minced beef** and cook quickly over a high heat. Then I pour in **beef stock** and **tinned tomatoes** and let it all cook slowly. Cook it for as long as humanly possible, adding **kidney beans** near the end. Leave to cool and then re-heat the next day – that's when the heat and flavour really come out. When I'm re-heating, I add 50-100g melted **dark chocolate**. You can't taste the chocolate, it just adds a deep, almost earthy sweetness to the chilli con carne. Serve in bowls with a dollop of **sour cream** and grated **cheddar**. Then scoop it up with **tortilla chips**.'

Good Food, weekdays at 9pm, from Monday 14 March to Friday 25 March



## PICK OF THE MONTH GREAT BRITISH FOOD REVIVAL

This new series brings together 10 top chefs, all with a common goal: to champion under-appreciated British produce. In the first episode, Michel Roux Jr calls for a revival of traditional breadmaking, while the Hairy Bikers campaign for cauliflower. They each chart the decline of their chosen ingredient, suggest how it can be revived and demonstrate three ways to cook it.

Clarissa Dickson Wright advances the cause of rare breed pork, James Martin defends traditional apple varieties, Gary Rhodes supports homegrown tomatoes and Matt Tebbutt calls for a fresh take on mutton. Michel Roux Jr tells **olive**: 'Making the series has opened my eyes to how important it is that Britain's best produce isn't forgotten. We need to put it back on our shopping lists and our plates.'

BBC Two, Wednesdays from 9 March

## BEST OF THE REST



### ■ RAYMOND BLANC'S KITCHEN SECRETS

Raymond is back travelling round the country in search of ingredients and inspiration, before

returning to his Oxfordshire kitchen to demonstrate how to cook like a Michelin-starred chef. Still to come are Raymond's favourite lamb recipes – including lamb Provençal, and shoulder of lamb slow-roasted with garlic and herbs. Also look out for a masterclass in spices, featuring his take on vegetable curry, and pork belly in aromatic Chinese spices.

BBC Two until mid March

### ■ GORDON'S GREAT ESCAPE

Last year Gordon got away from it all in India. This year, he's in Thailand. Follow his journey as he tours the country, discovering the secrets of Thai cooking and learning how to cook like the locals.

Channel 4, March

### ■ MASTERCHEF

The auditions are over and the contest is well underway. But there is plenty of cooking to be done as we're still more than a month away from finding the 2011 *MasterChef* champion.

BBC One, throughout March

## BEHIND THE SCENES THE HAIRY BIKERS: MUMS KNOW BEST

The Hairy Bikers are back on tour in search of Britain's most talented mums. And, as series producer Oliver Clark tells **olive**, yet again it involved a lot of eating.

'In one of our episodes, in which we nominally celebrate posh food, we went back to visit one of the mums who came to visit our recipe fair last year. She is an amazing lady called Ruth and she made an extraordinary yeast cake for us to film. But Ruth is such an incredibly keen cook that, even though we said we would only

have time to film the cake, she cooked up this banquet, which also included pancakes filled with asparagus, leeks and cheese, a salmon dish and a stew. Another mum, Jane, made even more. We planned just to feature her summer pudding but she prepared 10 to 15 dishes.

'Only one or two of each mum's dishes feature in a programme, but the boys sample all of them. They were often stuffed at the end of filming.'

BBC Two, 8pm, Thursdays, until 31 March





# Fodder

**olive** talks to Heather Parry, MD of Britain's only charitable food hall and café and a finalist in the 2010 Radio 4 Food & Farming Awards

Interview JESSICA GUNN Photograph David Cotsworth

**'The 2001 foot and mouth epidemic inspired us to open Fodder.** We're part of the Yorkshire Agricultural Society, a charity created to support farmers, so it made sense to help make their food more accessible to more people – it's about keeping rural businesses alive.  
**'I figured that I eat and I shop – so why couldn't I open a food hall and café?**

It was a naïve way to start, but now I think that starting from a consumer's perspective has really helped make the business a success. It's not about being worthy – we set out to make Fodder somewhere people genuinely enjoy coming to eat and shop.

**'I've personally visited every farmer and producer, tasted their goods and checked where it comes from –** that's a lot of eating when you think we stock over 190 suppliers. Some 85% of everything we sell comes from Yorkshire but the first thing we look for is always flavour and quality. Our food isn't just the best in the county: we think it's the best in the country.

**'People are always really surprised about how much of the produce comes from so nearby.** You can do your whole weekly food shop here and it costs the same or

less than from the supermarket. People do walk in and perceive it to be expensive, but you'd be surprised. Six eggs cost 99p – that's 50p less than the supermarket next door. Even our meat – free-range, butchered on-site and sourced from farmers we know and trust – stands up to supermarket prices.  
**'The things I can't live without are our Calderdale Bad Boy cheese** (a cross between Wensleydale and Lancashire with a hint of chilli), and in-house, dry-cured bacon. Together they make the best cauliflower cheese in the world.  
**'Our building is one of the most environmentally friendly in the north of England.** It's got a living roof made from sedum [flowering plants], local stone walls and our shopping trolleys and baskets are made from recycled plastic bottles. We still follow the objectives set out by the Yorkshire Agriculture Society in 1837, and that means caring for the countryside as well as the farmers.  
**'Being a finalist in the 2010 Radio 4 Food & Farming Awards was mind-blowing.** We've received 13 awards since opening in June 2009 but we never get blasé about it – it takes my breath away.'

## HOW ETHICAL IS FODDER?

**FOOD MILES - Low.** 85% of food sold in the food hall and café comes from Yorkshire farmers and producers.

**ORGANIC - Some.** Not all produce is organic as many small producers can't afford accreditation. All suppliers are checked for low use of pesticides and herbicides, and high animal welfare.

**WELFARE - High.** All meat is free-range and Fodder ensures that animals are kept to high standards, including outdoor rearing and nearby abattoirs.

**CARBON FOOTPRINT - Low.** All waste is recycled any non-sellable food is donated to a local homeless charity.

**Fodder food hall and café – on the Great Yorkshire Showground – is open Monday to Saturday, 9am–5.30pm and Sundays, 10am–4pm (fodderweb.co.uk)**

## THREE RECIPES TO MAKE WITH INGREDIENTS FROM FODDER

- Cauliflower cheese pot pies
  - Sausages with oregano, mushrooms and olives
  - Kale, pumpkin and bacon pot
- For recipes, go to [bbcgoodfood.com](http://bbcgoodfood.com)



# THE olive PROMISE

We hope you enjoy **olive**'s recipes, restaurant reviews and travel features all the more because they are served up with a sense of humour. At the same time, we are as serious about eating well and with a conscience as you are. Here's what you can expect from this and every issue:

**TRIPLE-TESTED RECIPES** Our recipes are tested at least three times – by the recipe writer, on our photo shoots and by a member of the cookery team in the **olive** test kitchen – which is why they always work. Each recipe is tasted and then adjustments are made, if necessary, so you end up with the perfect dish every time.

**EASY RECIPES** We believe you can eat well at home even if you don't have bags of time. Most of **olive**'s recipes are quick and easy, and can be made using accessible ingredients.

**THE ODD CHALLENGE** Weekends, on the other hand, are made for showing off, so we include a handful of recipes to stretch adventurous cooks.

**GOOD VALUE** Look out for our ideas on how to make your hard-earned cash go further. *7 meals for £35* shows you exactly what to buy and exactly what to cook from Monday to Sunday. For bargain wines, turn to *drink up* on page 22.

**SEASONAL EATING** We enjoy using seasonal ingredients because they give the food year a distinct rhythm. This month we're eating a lot of goat's cheese.

**HEALTHY EATING** We reckon the 80% good, 20% indulgent way of eating is sensible, but we'll leave the decisions about what, when and how you eat to you – nutritional info follows each recipe to help you decide.

**PROVENANCE MATTERS** We like meeting the people who produce what we eat, but there often isn't time, so we also shop carefully in supermarkets. Where possible, we use free-range eggs and chickens, humanely reared meat, organic dairy products, sustainably caught fish, unrefined sugar and fairly traded ingredients.

**INTERNATIONAL SAVVY** British is good, but we also like to cook dishes inspired by our travels. Some ingredients only grow in tropical conditions and can't be had without notching up air/sea miles, so getting them to the UK has environmental implications. It's your choice whether or not you use them.

**CHEAP EATS AND SMART TREATS** Transport caffs and Michelin-starred restaurants: there's room for both in **olive**'s *eat out* pages. We may have stumbled upon the places we feature on a weekend away, been invited there by an enthusiastic chef or investigated it after a tip-off from a reader. We love hearing your views on eating out and our regular *pro vs punter* feature invites you to go undercover for **olive**.

**LOCAL KNOWLEDGE** The *eat away* section arms you with insider info and recipes from the world's most exciting food destinations, written by on-the-ground food experts. Our budget and blowout ideas show you the best-value places to eat, drink, shop and stay when travelling.

**BIG ISSUES** Preaching doesn't come naturally to us and we won't tell you what, or what not to eat. Instead we keep you up-to-date with current debates in the food world in our regular **olive** *investigates* feature. If you want to know more, we recommend web links, often to our BBC colleagues, so you know that you'll be getting reliable expert advice.

# SMALL PRINT

**OUR RECIPES** Because **olive**'s recipes don't always give exact quantities for ingredients such as oil and butter, nutritional quantities may not always be 100% accurate. Analysis includes only the listed ingredients, not optional ingredients, such as salt, or any serving suggestions.

**Meat** Care should be taken when buying meat that you intend to eat raw or rare.

**Eggs** Use large eggs, unless otherwise stated. Pregnant women, the elderly, babies and toddlers, and people who are unwell should avoid eating raw and partially cooked eggs.

**Vegetarian** Always check the labels on shop-bought ingredients such as yoghurt, cheese, pesto and curry sauces to ensure they are suitable.

**Recipe costings** are based on the exact amount of ingredient used; for example, 125g of butter will be costed at half the price of a 250g pack. Our costings are always based on free-range eggs and meat.

❄ This symbol means recipes can be frozen.

Unless otherwise stated, freeze for up to three months. Defrost thoroughly before eating, and heat hot food until piping hot.

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# olive RECIPE INDEX

★ VEGETARIAN\* ★ READY WITHIN 30 MINUTES ★ LOW FAT (12g or under per serving) ★ FREEZABLE

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**\*Always check shop-bought ingredients such as yoghurt, cheese, pesto and curry sauces to ensure they are suitable for VEGETARIANS.**

**101  
RECIPE  
IDEAS**



## Chocolate marbled meringues

1 hour 40 minutes ■ Makes 6 ■ A LITTLE EFFORT

■ Heat the oven to 150C/fan 130C/gas 2. Line a baking sheet with baking parchment. Put 4 **egg whites** and 225g **golden caster sugar** in a heatproof bowl and sit over a pan of simmering water. Stir with a wooden spoon until the sugar has dissolved and the mixture is quite hot to the touch, then immediately remove from the heat. Whisk, using a hand-held electric whisk, for about 10-15 minutes until the meringue is thick, white and glossy. Add 1 tsp **cornflour** and mix.

■ Sieve in 1 rounded tbsp **cocoa powder** and, using a metal spoon, lightly fold into the meringue using 2 or 3 strokes. Spoon the meringue onto the baking sheets in 6 large spoonfuls, making each one as peaky as possible. Put the baking sheet in the oven, reduce the oven to 120C/fan 100C/gas ½ and cook for 1 hour 15 minutes. Turn off the oven and leave the meringues inside until completely cold.



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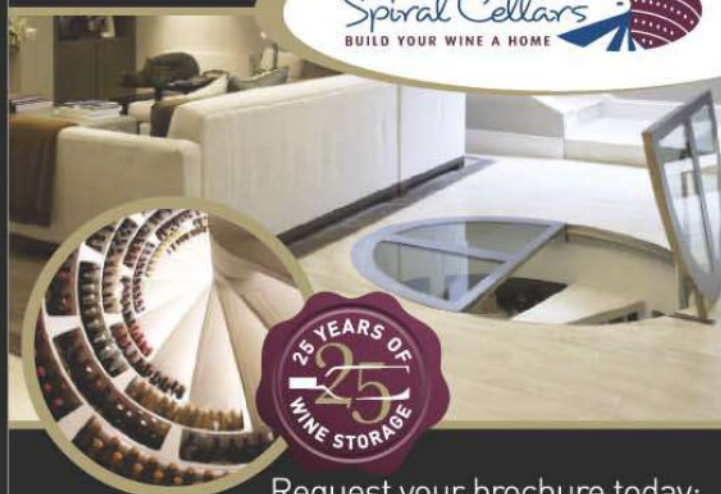
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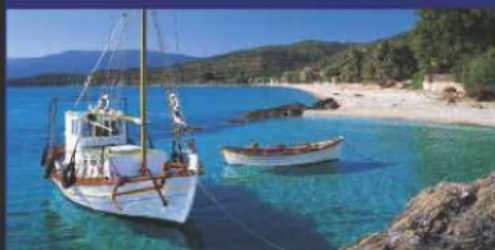
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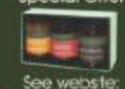
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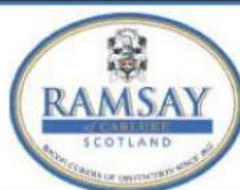
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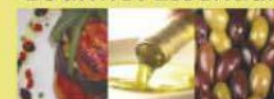
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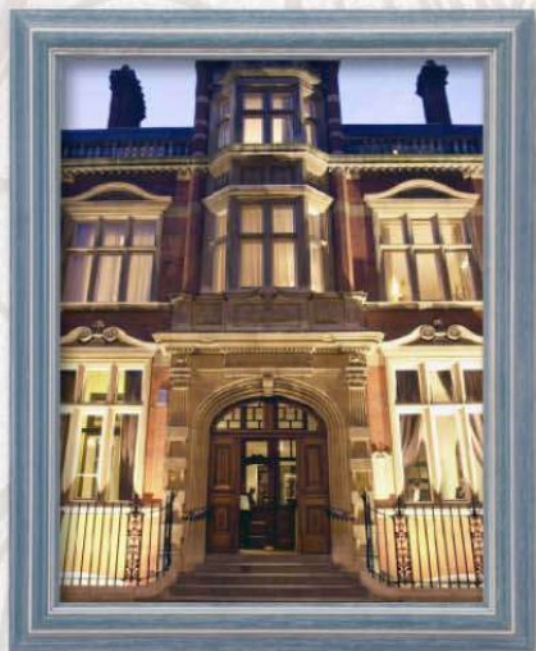


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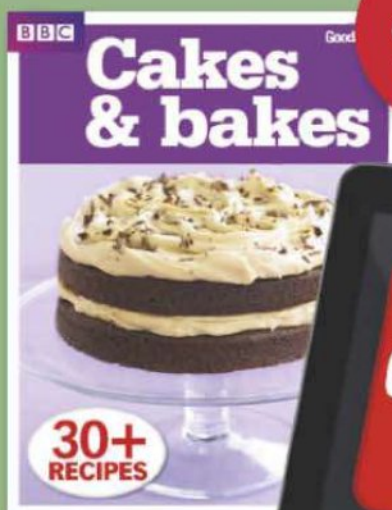




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one clever twist

# Scotch duck eggs

Give an old pub favourite a posh makeover

Recipe JANINE RATCLIFFE Photograph GARETH MORGANS



## Scotch duck eggs

40 minutes ■ Makes 4

■ A LITTLE EFFORT

**duck eggs** 4, at room temperature  
**pork sausages** 6, good quality  
**sage** finely chopped to make  $\frac{1}{2}$  tbsp  
**parsley** finely chopped to make  $\frac{1}{2}$  tbsp  
**plain flour** 4 tbsp  
**egg** 1, beaten  
**breadcrumbs** 100g  
**groundnut oil** for deep frying  
**HP sauce** to serve

■ Drop the duck eggs into boiling water. Cook for 7 minutes, then rinse under cold water and leave in cold water for 10 minutes to cool completely. Peel.

■ Strip the skins from the sausages, then mix with the sage and parsley and season well. Divide the mixture into 4, then flatten each into a circle on 4 pieces of clingfilm. This will make it easier to form around the eggs.

■ Dust the peeled eggs with flour then sit each on the sausagemeat. Use the clingfilm to mould the sausagemeat around each egg, ensuring there are no gaps.

■ Roll each egg in flour, then the beaten egg, then breadcrumbs. Repeat with the beaten egg and breadcrumbs. Chill until ready to cook.

■ Heat groundnut oil, no more than  $\frac{1}{3}$  deep in a pan, to 180C. Cook the eggs for 5-6 minutes, turning a few times until golden and crisp. Serve with HP sauce.

■ PER EGG 647 kcal, protein 29.9g, carbs 33g, fat 44.9g, sat fat 12g, fibre 0.9g, salt 2.04g

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Sunday is the one day of the week when there's time to enjoy a relaxed meal with family and friends. To celebrate the weekend feast, we've put together this collection of recipes from top chef and food writer Mark Hix\*. As well as classics like roast chicken and sticky toffee pudding, there are also adventurous dishes such as cider, parsley and cockle broth and rhubarb syllabub. I'd love to know which you make - email me at [oliveletters@bbc.com](mailto:oliveletters@bbc.com).



*Janine*

JANINE RATCLIFFE FOOD EDITOR

\* Recipes are extracted from *Hix Oyster and Chop House*, *British Seasonal Food* and *Easy Everyday British*. All books are by Mark Hix, and published by Quadrille. ([quadrille.co.uk](http://quadrille.co.uk))

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APRIL 2011

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STARTERS

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advertisement feature

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And, of course, next time you have a family meal, don't forget the Bisto!





# Starters

## Summer vegetable salad with goat's cheese

25 minutes ■ Serves 4 ■ **EASY**

---

**peas** 65g, fresh or frozen

**broad beans** 100g, podded

**asparagus tips** 100g

**small salad leaves** 65g

**mint** small leaves from 2 or 3 sprigs

**soft goat's cheese** 75g, broken into small pieces

**chives** small handful, trimmed

### DRESSING

**white wine vinegar** 1 tbsp (preferably chardonnay)

**olive oil** 3 tbsp

**vegetable** or **corn oil** 2 tbsp

**golden caster sugar** 1 tsp

**mint** a few leaves

■ Cook the peas, broad beans and asparagus separately in boiling salted water until just tender; allow 5-7 minutes for peas, 3-4 minutes for broad beans and 2-3 minutes for asparagus.

■ Meanwhile, make the dressing. Whizz the wine vinegar, oils, sugar and mint leaves in a blender or food processor and season with salt and pepper to taste.

■ Drain the vegetables, refresh briefly in cold water to stop the cooking and drain again. (If the broad beans aren't as small and young as they might be, slip them out of their skins after cooking.) Toss the warm drained vegetables with a spoonful or two of the dressing and season with salt and pepper.

■ Combine the salad leaves and mint leaves in a bowl and lightly dress with some of the dressing. Divide between serving plates, scatter the vegetables on top and spoon over a little more dressing. Arrange the pieces of goat's cheese on top and finish with the chives.







## Cockle, parsley and cider broth

35 minutes ■ Serves 4 ■ EASY

---

**cockles** 1kg

**cider** 150ml

**butter** 30g

**onion** 1, finely chopped

**garlic** 4 cloves, crushed

**plain flour** 25g

**fish stock** 1 litre

**parsley** 2 tbsp, finely chopped

**double cream** 3-4 tbsp

■ To clean the cockles, leave them under slow running water for about 15 minutes, agitating them with your hands to release any trapped sand. Give the cockles a final rinse and drain.

■ Put the cleaned cockles in a large saucepan with the cider. Cover with a tight-fitting lid and cook over a high heat for 2-3 minutes, shaking the pan every so often, until the cockles open.

■ Drain the cockles in a colander over a bowl, to catch the cooking liquor, then strain the liquor through a fine-meshed sieve into another bowl and set aside.

■ Melt the butter in a clean saucepan and gently cook the onion and garlic for 3-4 minutes without colouring. Add the flour and stir over a low heat for 30 seconds, then gradually whisk in the strained cooking liquor and fish stock. Bring to the boil, lower the heat and simmer gently for 30 minutes. By now the liquid should have reduced by about one-third and have a good flavour.

■ In the meantime, remove about two-thirds of the cockles from their shells; leave the rest as they are.

■ Add the chopped parsley and cream to the soup and simmer for a couple of minutes. Taste and adjust the seasoning as necessary.

■ Divide all the cockles between warmed soup plates and pour the hot soup over them to serve.







## Ham hock and pea salad

3½ hours + infusing and cooling

■ Serves 4 ■ A LITTLE EFFORT

### HAM HOCK

**ham hock** 1, 1kg, soaked overnight in cold water

**onion** 1, quartered

**leek** 1, halved lengthways and washed

**black peppercorns** 10

**bay leaf** 1

**thyme** a few sprigs

**juniper berries** 3

### SALAD

**freshly podded peas** 120-150g

**granulated sugar** 1-2 tsp

**butter** a few knobs

**vegetable oil** optional

**pea shoots** 2 handfuls

### TARRAGON DRESSING

**cider vinegar** 1 tbsp

**English mustard** 1 tsp

**garlic** 1 clove

**tarragon** a few sprigs

**rapeseed oil** 2 tbsp

**vegetable oil** 3 tbsp

■ To make the dressing, put all the ingredients and salt and pepper into a clean bottle or jar.

Shake well and leave to infuse for at least an hour, preferably overnight, at room temperature. Strain the dressing before tossing with your salad.

■ Drain the ham hock, rinse and place in a large cooking pot with the flavouring ingredients. Add enough cold water to cover generously and bring to the boil. Skim off any scum from the surface and simmer, covered, for 2-2½ hours or until the ham is tender.

■ Leave the ham to cool in the liquid (if you're in a hurry, remove it to a board to cool more quickly).

■ Bring enough water to the boil in a pan to cook the peas. Add salt, the sugar and butter, then tip in the peas. Simmer for 3-5 minutes or until tender. Drain well.

■ Remove enough of the ham from the hock for the salad and break it into flakes with your fingers. (You could also dice some of the rind and fry it in a little hot oil to crisp up).

■ Toss the pea shoots, peas and the ham in the dressing and arrange on plates or in shallow bowls to serve.







## Herb baked queen scallops

10 minutes ■ Serves 4 ■ **EASY**

---

**queen scallops** 32 in the half shell, if you can't find queen scallops, 24 medium ordinary scallops will do

HERB CRUST

**butter** 50g

**garlic** 2 cloves, crushed

**parsley** 1 tbsp, chopped

**fresh white breadcrumbs** 40g

GARLIC BUTTER

**butter** 100g

**garlic** 2 cloves, crushed

■ To make the herb crust, melt the butter in a pan and gently cook the garlic for a minute without allowing it to colour. Stir in the chopped parsley and breadcrumbs, and season with salt and pepper. Set aside.

■ Heat the grill to high. Lay the scallops on their half shell on a grill tray and scatter with the herb crust. Cook under the hot grill for 3-4 minutes until lightly coloured.

■ Meanwhile, make the garlic butter. Melt the butter in a pan until foaming, then add the crushed garlic. Remove from the heat and spoon over the scallops to serve.







## Potted salmon with pickled cucumber

30 minutes + infusing and cooling

■ Serves 4-6 ■ **A LITTLE EFFORT**

---

**skinless salmon fillet** 325g

**smoked salmon** 75g, finely chopped

**unsalted butter** 125g, softened

**thick yoghurt** 1 tbsp

**chives** 1/2 bunch, finely chopped

**lemon** 1/2, juiced

**cayenne pepper** good pinch

**PICKLING CUCUMBER**

**cucumber** 1 medium

**white wine vinegar** 200ml

**shallots** 2 large, thinly sliced

**mustard seeds** 1 tsp

**golden caster sugar** 4 tsp

**dill** 1 tbsp, finely chopped

**olive oil**, to taste

■ First prepare the pickled cucumber. Halve the cucumber lengthways, scoop out the seeds, then slice thinly at an angle and put into a bowl. Meanwhile, put the vinegar, shallots, mustard seeds, sugar, salt and pepper into a pan and bring to the boil, then remove from the heat and leave to cool a little. Pour over the cucumber and set aside for 1 hour, stirring every so often. Mix in the

dill. Transfer to a sterilised Kilner jar, seal and store in a cool dark place, or keep in a covered bowl in the fridge if using within a few days.

■ Check over the salmon and remove any small pin bones with tweezers. Put the salmon into a saucepan, just cover with cold water and add 1 tsp salt. Bring to the boil, lower the heat and simmer for 2 minutes. Remove from the heat and leave the fish to cool in the liquid; it will finish cooking in the residual heat.

■ Drain the cooled salmon and flake the flesh into a bowl. In another bowl, carefully mix the smoked salmon and softened butter. Add the yoghurt, chives and lemon juice, season with salt and cayenne pepper, and mix well.

■ Fold in the flaked salmon, being careful not to break the pieces up too much.

■ Before serving, drain off the liquid from the pickled cucumber (you can save it for another batch). Toss the drained cucumbers with a little olive oil.

■ Serve the potted salmon at room temperature, not refrigerator-cold, either spooned on to a plate or in little ramekins, with hot toast and the pickled cucumbers.









## Shaved asparagus and fennel with aged Caerphilly

15 minutes ■ Serves 4 ■ EASY

**asparagus** 4-6 thick or 8-10 medium spears

**fennel** 1 bulb, trimmed, its feathery tops reserved

**small salad leaves** a handful, such as buckler leaf sorrel, land cress etc.

**aged Caerphilly cheese** 80g, such as Gorwydd  
DRESSING

**lemon** 1/2, zested and juiced

**rapeseed oil** 4-5 tbsp

■ Cut off the woody ends of the asparagus and peel the lower end of the stalks. Using a mandolin or very sharp knife, cut the asparagus on the diagonal into very fine slices.

■ Halve the fennel and, again, using a mandolin or very sharp knife, slice the fennel as thinly as possible and place in a bowl with the asparagus.

■ Shake the ingredients for the dressing together in a screw top jar and season with salt and pepper to taste.

■ Add the leaves and feathery fennel tops to the asparagus and fennel and season lightly. Toss with the dressing and arrange on plates. Shave the cheese with a small, sharp knife or a vegetable peeler and scatter over the salad.



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# Mains

## Roast free-range chicken with wild garlic sauce

1 hour 45 minutes ■ Serves 4 ■ **EASY**

**free-range chicken** 1, about 1.5kg

**thyme** a few sprigs

**rosemary** a few sprigs

**duck or goose fat** 100g

**oil**

WILD GARLIC SAUCE

**garlic** 1 bulb

**fresh white breadcrumbs** 60-70g

**wild garlic leaves** handful or two, washed and dried

■ Heat the oven to 200C/fan 180C/gas 6. Season the chicken inside and out. Pop the thyme and rosemary sprigs into its cavity, along with the whole garlic bulb for the sauce, and rub the duck fat over the breasts and legs. Put in a lightly oiled roasting tray, resting the bird on one leg on its side, rather than placing it upright.

■ Roast the chicken in the oven, basting regularly. After 25 minutes, turn it onto the other leg. Roast for another 25 minutes, then finish cooking breast uppermost. Test the chicken after 1¼ hours: the juices should run clear when a skewer or knife tip is inserted into the thickest part of the thigh. When cooked, transfer the chicken to a warm platter and rest in a warm place for 15 minutes, reserving the juices and fat in the roasting tray.

■ While the chicken is resting, make the sauce: remove the garlic from the bird then halve it and squeeze or scoop out the soft inner flesh. Warm the fat in the roasting tray with 3-4 tbsp water, scraping up the sediment from the bottom of the tray. Put the breadcrumbs and garlic flesh in a blender with the liquor from the roasting tray and whizz briefly, then transfer to a saucepan and season with salt and pepper to taste. Roughly chop the wild garlic leaves and stir into the sauce. Simmer gently for a few minutes, then transfer to a warm sauceboat.

■ Serve the chicken, carved or jointed with the garlic sauce and purple-sprouting broccoli.







## Slow-cooked pork belly with squash

3 hours ■ Serves 4 ■ **EASY**

---

**boneless pork belly** with rind, 1 piece, about 1-1.5kg

**rosemary** a few sprigs, chopped

**fennel seeds** 1 tbsp, crushed

**rapeseed oil** for basting

**mixed squashes** 1 kg, such as acorn, onion or butternut

■ Heat the oven to 230C/fan 210C/gas 8. Using a Stanley knife or a razor-sharp knife, score lines about 1/2 cm apart across the pork belly rind (you could ask the butcher to do this for you).

■ Put the pork belly in a large roasting tray and pour in about a 2cm depth of water. Put on the hob and bring to the boil, then lower the heat and simmer for a couple of minutes. Remove from the heat and pour off the water.

■ Season the pork belly with salt and pepper, then rub the rosemary and fennel seeds into the scored rind and over the flesh. Spoon over a little rapeseed oil and roast for 30 minutes. Turn the oven down to 160C/fan 140C/gas 3 and cook for a further 2-2 1/2 hours, basting the meat every so often and draining off excess fat from the tin.

■ Meanwhile, prepare the squashes. Peel those with thicker skins. Cut all of them into even-sized chunks and wedges, discarding the seeds and fibrous bits. Season the squash and tip into the roasting tray around the pork. Spoon over some of the pork fat in the tray and roast for about another hour, basting every so often.

■ To serve, cut the pork into 1cm thick slices and arrange on warm plates or a large serving dish with the roasted squash. Accompany with apple sauce.









## Sea trout with cucumber sauce

20 minutes ■ Serves 4 ■ **EASY**

**vegetable** or **corn oil** 1 tbsp

**sea trout fillets** 4, each about 150g, skinless

FOR THE SAUCE

**shallots** 2 small, finely chopped

**fish stock** 4 tbsp

**double cream** 1 tbsp

**cucumber** 1 small, halved lengthways and the seeds scooped out, and the flesh cut into small (5mm) dice

**butter** a knob

**chives** 1 tbsp, finely chopped

■ Heat the oil in a heavy-based or non-stick frying pan. Season the fillets and cook for 3-4 minutes on each side, skin side down first. The cooking time will depend on the thickness of the fish - fillets from a smaller fish will take about half the time.

■ Meanwhile, make the sauce: gently simmer the shallots in the fish stock until it has almost all evaporated. Then add the cream and cucumber, season and simmer for a couple of minutes until the sauce has thickened. Stir in the butter and chives. Season to taste.

■ Spoon on to warmed plates and put the pieces of fish on top.



## Guinea fowl with Savoy cabbage

1 hour 30 minutes ■ Serves 4 ■ A LITTLE EFFORT

**garlic** 6 cloves

**thyme** a few sprigs

**guinea fowl** 2, each about 1.1kg

**butter** 125g

**red wine** 4 tbsp

**port** 4 tbsp

**chicken stock** 150ml

**cornflour** 1-2 tsp (optional)

**Savoy cabbage** 1 kg, trimmed, cored and chopped

**wild mushrooms** 200g, cleaned, halved or quartered

**parsley** 1 tbsp, chopped

■ Heat the oven to 220C/fan 200C/gas 7. Divide the garlic cloves and thyme between the cavities of the two birds. Rub the breasts with 25g of the butter and season well with salt and pepper. Put in a roasting tin and roast for 1 hour, basting occasionally.

■ Transfer the guinea fowl to a plate, cover with foil and set aside. Put the roasting tin on a medium heat on the hob, add the red wine and port, and stir well to scrape up any residue on the bottom of the tin. Add the stock and simmer for 3-4 minutes, then strain through a fine sieve. If you want a thicker gravy, mix the cornflour with a little cold water, add to the gravy and simmer, stirring, for another minute, then strain.

■ While the birds are resting, cook the cabbage in boiling salted water for about 5 minutes until tender. Drain and add 50g of the butter, season with salt and pepper and cover with a lid.

■ In the meantime, heat the rest of the butter in a frying pan, add the mushrooms and parsley, season with salt and pepper and cook over a medium heat until tender. Timing will depend on the type of wild mushrooms; chanterelles take only 30-40 seconds for example, whereas more robust varieties will take a couple of minutes.

■ Remove the legs from the guinea fowl and cut the breasts away with a knife. Arrange the cabbage on the plates, put the meat on top, then pour the sauce around. Spoon the wild mushrooms on top and serve.



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## Braised venison with carrots

2 hours 30 minutes + marinating

■ Serves 4 ■ **EASY**

**venison** 1.5kg of shoulder or flank

**red wine** 750ml, good quality

**garlic** 2 cloves, crushed

**thyme leaves** 1 tsp, chopped

**bay leaf** 1

**juniper berries** 3, crushed

**plain flour** 3 tbsp

**vegetable oil** for frying

**butter** 60g

**onions** 2, finely chopped

**tomato purée** 2 tbsp

**beef stock** 1½ litres

**cornflour** 1-2 tsp (optional)

TO SERVE

**small carrots** such as **Chantenay** 200-250g

**butter** 2 knobs

**golden caster sugar** 1 tsp

**parsley** 1 tbsp, chopped

■ Cut the venison into 3-4cm chunks and place in a stainless steel or ceramic bowl with the red wine, garlic, thyme, bay leaf and juniper berries. Cover and leave to marinate in the fridge for 2 days.

■ Drain the meat in a colander, reserving the

marinade, and dry the pieces on some kitchen paper.

Flour the meat lightly, using a tablespoon of the flour, and season with salt and pepper. Heat 2 tbsp oil in a heavy-based frying pan and fry the meat, a few pieces at a time, over a high heat until nicely browned.

■ Heat the butter in a large, heavy-based saucepan and gently fry the onions for a few minutes until soft. Add the remaining 2 tbsp flour and the tomato purée, and stir over a low heat for a minute. Slowly add the reserved marinade, stirring constantly to avoid lumps forming. Bring to the boil and simmer until it has reduced by half.

■ Add the beef stock and the pieces of venison and bring back to a simmer. Cover with a lid and simmer very gently over a low heat for about 1½ hours until the meat is tender. It's difficult to put an exact time on braising meat; you may find it needs an extra half an hour. Once the meat is cooked, the sauce should have thickened sufficiently. If not, mix 1-2 tsp cornflour with a little cold water, stir into the sauce and simmer, stirring, for a few minutes.

■ Meanwhile, put the carrots in a pan and just cover with water. Add the butter, sugar and seasoning and simmer rapidly until the carrots are tender. Drain off any excess cooking liquid, leaving a little to glaze them, then toss with the chopped parsley.

■ Divide the stew among warm bowls and top with the glazed carrots. Serve at once.







## Barnsley chops with shallots and parsley

1 hour ■ Serves 4 ■ **EASY**

*The Barnsley chop is a double lamb loin chop cut across the saddle. If you can't find Barnsley chops, just use two good ordinary loin chops per person.*

**shallots** 500g, unpeeled

**Barnsley chops** 4, about 200g each

**lamb** or **beef stock** 100ml

**unsalted butter** a good knob

**parsley** 1 tbsp, chopped

■ Heat the oven to 200C/fan 180C/gas 6. Put the shallots, still in their skins, in a roasting tin and bake for 45 minutes. Leave to cool, then top and tail them and squeeze the onions out of their skins.

■ When the shallots are almost cooked, heat a lightly oiled griddle pan or the grill to its hottest setting. Season the chops, and grill for 4-5 minutes on each side for pink, or 7-8 minutes for medium.

■ While the chops are cooking, put the shallots into a frying pan with the stock and cook over a high heat to reduce the stock until it is almost totally evaporated. Add the butter and chopped parsley, lightly season with salt and pepper, and stir until the butter has melted into the liquid to form a glaze.

■ Put the chops on warm plates. Spoon the glazed shallots on top, or serve them separately.







## Monkfish cheek and fennel pie

1 hour 10 minutes ■ Serves 4 ■ **EASY**

*Buy monkfish cheeks from good fishmongers or online at [thefishsociety.co.uk](http://thefishsociety.co.uk).*

**fish stock** 1 litre

**fennel** 2 bulbs, trimmed

**monkfish cheeks** 450-500g, trimmed

**butter** 70g

**plain flour** 60g

**parsley** 2 tbsp, chopped

**double cream** 2 tbsp

FOR THE TOPPING

**potatoes** 1kg, peeled and quartered

**butter** 50g

**milk**

**fresh white breadcrumbs** 2-3 tbsp

■ Bring the fish stock to the boil in a saucepan.

Meanwhile, quarter the fennel bulb, cut into 2cm chunks and separate the layers. Add the fennel to the stock and simmer for 6-7 minutes until tender, then remove with a spoon and leave to cool on a plate.

■ Add the monkfish cheeks to the stock and simmer for 2-3 minutes, then drain in a colander over a bowl to reserve the stock.

■ Melt the butter in a heavy-based saucepan, stir in the flour and cook, stirring over a low heat for about 30 seconds. Gradually whisk in the hot stock, keeping the sauce smooth. Season, then simmer gently for about 30-40 minutes. The sauce should be really quite thick by now; if not, let it simmer for longer.

■ Meanwhile, for the topping, cook the potatoes in a pan of salted water until tender. Drain well and return to the pan over a low heat to dry out for 30 seconds or so. Take off the heat and mash thoroughly, incorporating the butter and a little milk. Season.

■ Heat the oven to 200C/fan 180C/gas 6. Stir the monkfish cheeks, fennel, chopped parsley and cream into the sauce. Re-season if necessary, then transfer to a large pie dish or individual ones.

■ Spoon or pipe the mashed potato onto the pies and scatter over the breadcrumbs. Bake for 30 minutes (or 20 minutes for individual pies) until the topping is golden brown and the filling is hot.







## Bacon chop with red cabbage and prunes

1 hour ■ Serves 4 ■ **EASY**

*Home-cured bacon chops would be ideal here, but otherwise ask your butcher if he can lay his hands on a piece of smoked streaky or back bacon with the bone in. Thick pieces of bacon like this can be a bit on the salty side, so I blanch them first.*



**bacon chops** 4, each about 180-200g  
**butter** a couple of good knobs  
**red onion** 1 large, halved and thinly sliced  
**red cabbage** 1 small head, quartered, root removed and very finely shredded  
**redcurrant jelly** 1 tsp  
**prunes** 8, pitted and shredded  
**vegetable oil** for frying

■ Add the bacon chops to a pan of cold water, bring to the boil and blanch for 6-7 minutes, then drain.

■ Heat the butter in a large saucepan, add the red onion and cook gently for 3-4 minutes until soft. Add the cabbage, season with salt and pepper and cover with the lid. Cook over a very low heat for 10 minutes, stirring every so often. Add the redcurrant jelly and prunes and continue to cook, covered, for a further 10-15 minutes, stirring every so often, until the cabbage is soft. Taste and adjust the seasoning if necessary and keep warm.

■ Heat a little oil in a large heavy-based frying pan and fry the bacon chops for about 4-5 minutes on each side until golden brown and tender. Remove and drain on kitchen paper.

■ Spoon the red cabbage and prunes onto warm serving plates and place a bacon chop alongside. Serve at once.



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# Sides

## Sprouting broccoli with herbs and hazelnuts

25 minutes ■ Serves 4 ■ **EASY**

**purple sprouting broccoli** 400g

FOR THE CRUST

**fresh white breadcrumbs** 50g

**hazelnuts** 50g, chopped

**rapeseed oil** 1 tbsp

**butter** 2 knobs

**shallots** 4, finely chopped

**garlic** 2 cloves, crushed

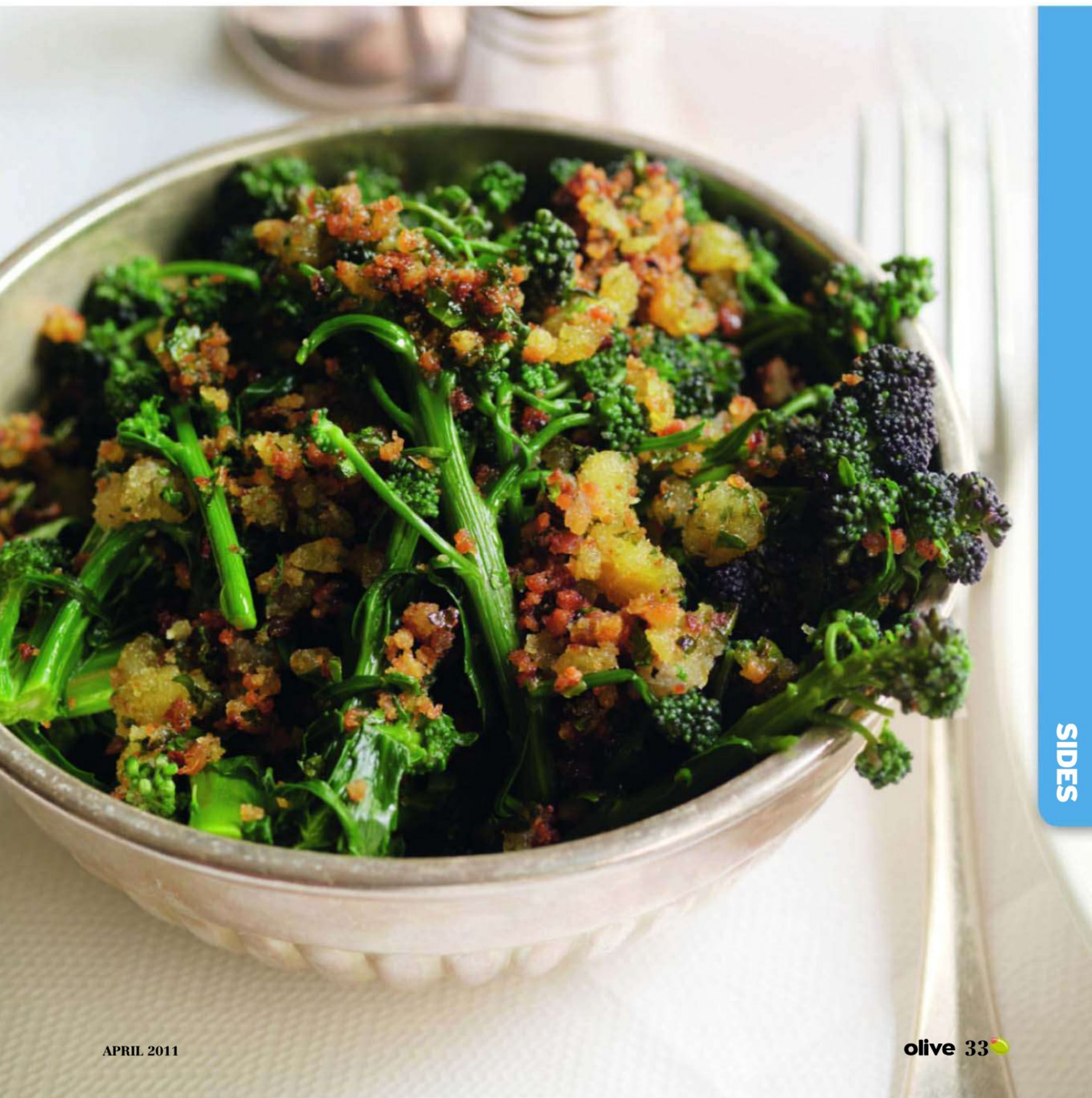
**mixed soft herbs** 2-3 tbsp, finely chopped, such as parsley, chervil, tarragon and chives

■ For the crust, heat the grill to medium. In a bowl, toss the breadcrumbs and chopped hazelnuts with the rapeseed oil and scatter on a baking tray. Toast under the grill for 3-5 minutes until golden, turning once or twice to ensure the mixture colours evenly.

■ Meanwhile, melt the butter in a pan and gently cook the shallots and garlic for a few minutes until softened. Stir in the breadcrumbs and herbs until well mixed and season with salt and pepper.

■ When ready to serve, cook the broccoli in boiling salted water for about 4-5 minutes, so that it is still just a little firm to the bite. Drain thoroughly and transfer to a warmed serving dish. Scatter the breadcrumb mixture over the top and serve.









## Colcannon

30 minutes ■ Serves 4-6 ■ EASY

**floury potatoes** 1 kg, peeled and quartered

**Savoy cabbage** 350g

**spring onions** 1 bunch, trimmed

**butter** 50g

**milk** or **double cream**

■ Put the potatoes in a saucepan, cover with cold water and add salt. Bring to the boil and simmer for about 15 minutes until tender. Drain the potatoes and return to the pan over a low heat for a minute or so to dry out.

■ Meanwhile, cook the cabbage in boiling salted water until tender; drain well and chop. Blanch the spring onions briefly in boiling water to soften, then drain and chop finely.

■ Push the potatoes through a potato ricer into a warm bowl, or mash them in the pan using a hand-held potato masher. Season generously, add the butter and mix well. Stir in a little milk or double cream to taste and mix in the spring onions and cabbage. Serve piping hot.

## Turnips with chervil

20 minutes ■ Serves 4 ■ EASY

**turnips** 800g, peeled

**sugar** 2 tsp

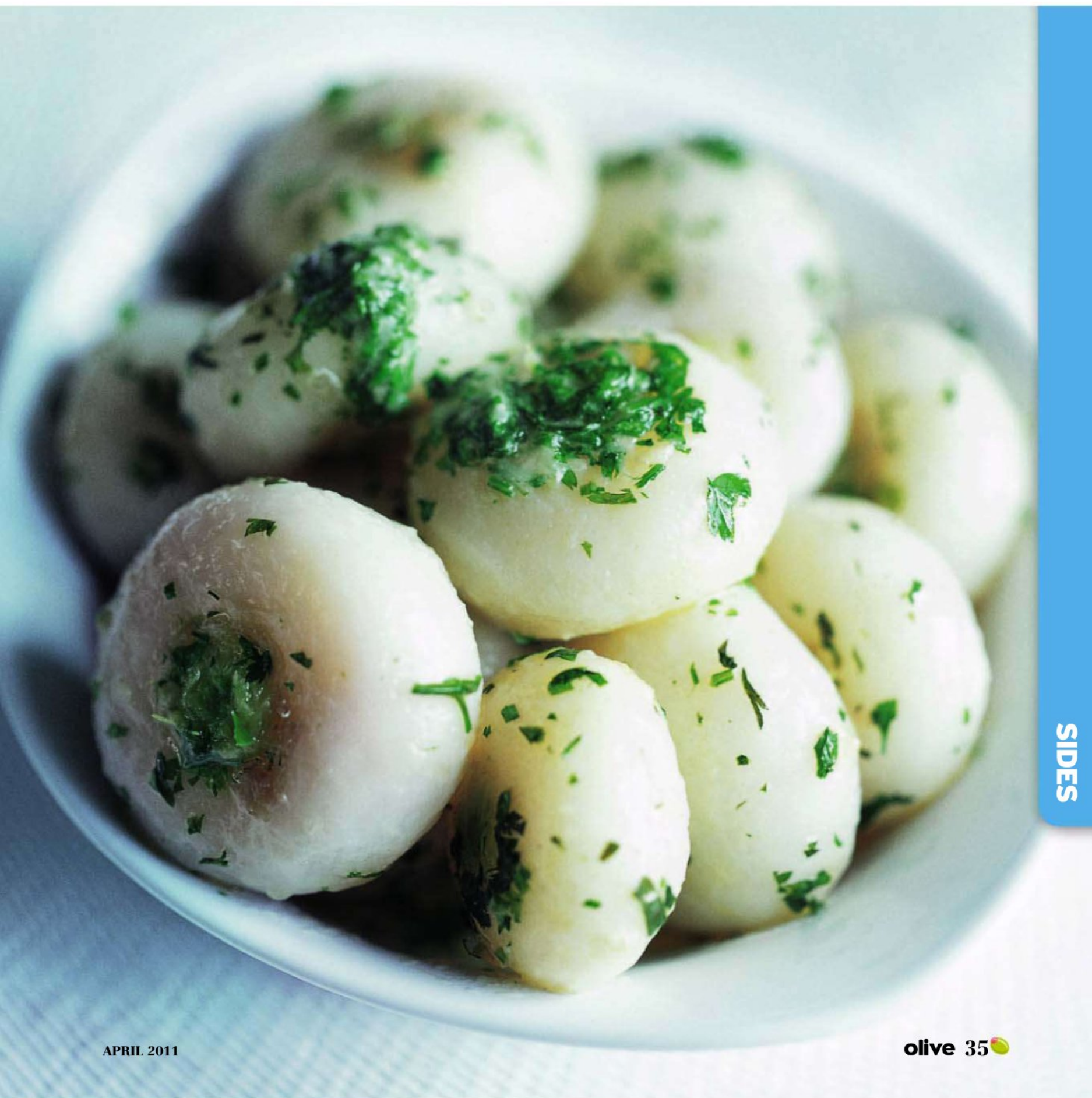
**butter** 100g

**chervil** 1 tbsp, chopped

■ If the turnips are very small leave them whole, otherwise quarter them. Put them into a pan and just cover with boiling water. Add the sugar and half of the butter, and season generously with salt and pepper. Bring back to the boil and cook over a medium heat for 7-8 minutes or until the turnips are tender.

■ Drain the turnips in a colander, then toss with the remaining butter and chopped chervil. Taste and adjust the seasoning, then serve.









## Creamed Brussels sprouts

25 minutes ■ Serves 4-6 ■ **EASY**

**Brussels sprouts** 500g, trimmed

**double cream** 150ml

**butter** 50g

■ Cook the sprouts in boiling salted water for 5-10 minutes until just tender, then drain well and allow to cool slightly. Slice or shred the sprouts.

■ Boil the cream to reduce by half, then add the sprouts and season with salt and pepper. Simmer for 4-5 minutes over a low heat, stirring every so often. Add the butter and serve.

## Peas with bacon and onions

25 minutes ■ Serves 4 ■ **EASY**

**rindless streaky bacon** 125g

**butter** 75g

**peas** 400g, frozen or fresh

**sugar** 2 tsp

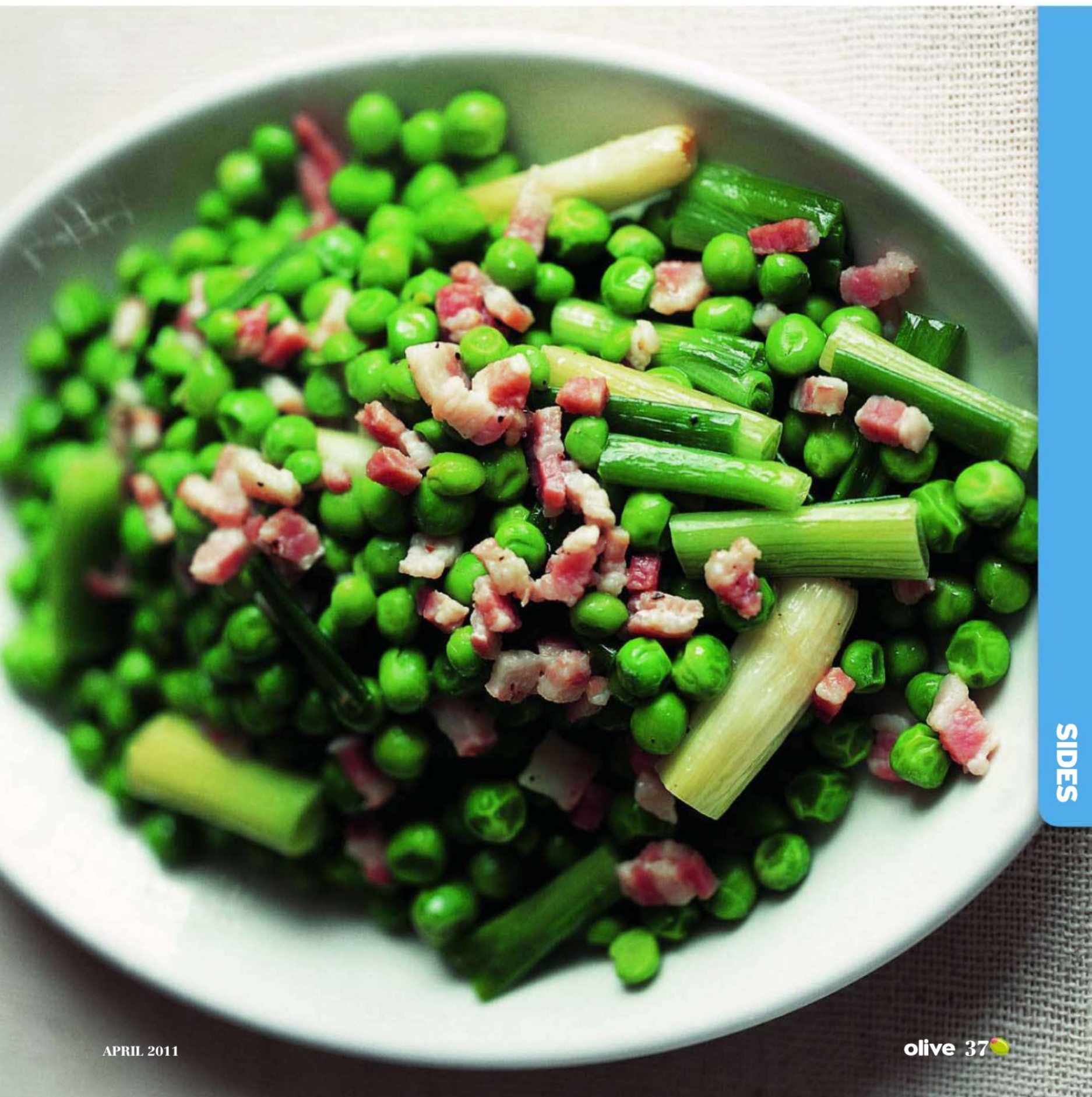
**spring onions** 1 bunch

■ Cut the bacon into 1cm dice. Melt 25g butter in a pan and gently cook the bacon over a low heat for 3-4 minutes without allowing it to colour.

■ Meanwhile, put the peas into a saucepan and add enough boiling water to just cover them. Add 25g of the remaining butter, season well and add the sugar. Bring back to the boil and cook over a medium heat for 5 minutes (2 minutes only for frozen) or until tender. Drain in a colander set over a bowl to save the liquid.

■ Cut the spring onions into 2.5cm lengths, put into the empty pan and pour just enough of the reserved liquid over to cover them. Boil rapidly until most of the liquid has evaporated, then add the rest of the butter and mix with the peas and the bacon. Check the seasoning and serve.









## Welsh onion cake

1 hour 45 minutes ■ Serves 4-6 ■ **EASY**

**large potatoes** 800g, thinly sliced

**butter** 100g, melted, plus extra for brushing

**onions** 500g, sliced

■ Heat the oven to 200C/fan 180C/gas 6. Wash the potatoes briefly in water and dry on a tea towel or kitchen paper. Put them in a bowl, season

with salt and pepper and mix with the 100g melted butter.

■ Butter a shallow ovenproof serving dish and layer the potatoes and onions alternately, beginning with the potatoes and finishing with a neat layer of overlapped potatoes on top.

■ Cover with foil or a lid and bake for 1 hour, then remove the foil, brush with a little more butter and cook for another 15-20 minutes to allow them to brown.



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# Puddings

## Blueberry cheesecake

45 minutes + chilling ■ Serves 4 ■ EASY

**blueberries** 450g

**golden caster sugar** 200g

**cornflour** 20g

FOR THE BASE

**digestive biscuits** or **Hobnobs** 250g

**butter** 80g, melted

FOR THE FILLING

**double cream** 300ml

**golden caster sugar** 100g

**soft cheese** 500g

**lemon** 1, zested

**vanilla extract** 1 tsp

■ Put 200g of the blueberries into a pan with the sugar and 175ml water. Heat slowly to dissolve the sugar, then simmer for 7-8 minutes. Mix the cornflour with 25ml water and stir into the mixture. Simmer, stirring, for 2-3 minutes. Strain through a fine sieve into a bowl, pressing the berries with the back of a spoon to extract as much juice as possible. Leave to cool.

■ Line a 17-18cm springform cake tin with greaseproof paper. Crush the biscuits in a food processor to coarse crumbs (or put in a plastic bag and smash with a rolling pin). Mix with the melted butter and pack into the cake tin to make the base, firming with the back of a spoon.

■ Whip the cream and sugar until fairly stiff. In another bowl, beat the soft cheese to soften, then fold in the cream with the lemon zest and vanilla extract. Lightly fold through half of the blueberry syrup to create a rippled effect. Spoon the mix onto the biscuit base and place in the fridge for 2-3 hours until firm.

■ Mix the rest of the fruit with the remaining blueberry syrup. To unmould the cheesecake, run a hot knife around the edge, then release the side of the tin and slide the cheesecake onto a board. Cut into slices and serve each one topped with a generous spoonful of blueberry sauce.





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## Baked apples and custard

1 hour 10 minutes ■ Serves 4

■ A LITTLE EFFORT

**apples** 4 large, such as Cox's Orange Pippin, Braeburn or Jonagold

**mincemeat** 8 tbsp

**fresh white breadcrumbs** 65g

**ground cinnamon** 1 tsp

**brown sugar** 2 tbsp

FOR THE CUSTARD

**single cream** 300ml

**vanilla pod** 1/2, split lengthways

**egg yolks** 5 medium

**golden caster sugar** 65g

**cornflour** 2 tsp

■ Heat the oven to 190C/fan 170C/gas 5. Using an apple corer, scoop out the cores from the apples. Mix the mincemeat, breadcrumbs, cinnamon and sugar. Put each apple on a large piece of foil and fill the core cavities with the mincemeat mixture. Fold the foil up loosely around each apple and stand them on a baking tray.

■ Bake the apples in the oven for 45-60 minutes or until they are soft. Check them individually after 40 minutes, as the odd one may need removing before the rest if it cooks more quickly.

■ Meanwhile, make the custard. Put the cream in a small pan. Scrape the seeds from the vanilla pod into the cream and add the empty pod. Bring to the boil, take off the heat and leave to infuse for 10 minutes, then remove the pod. Whisk the egg yolks with the sugar and cornflour, then pour on the cream, whisking all the time. Return to the pan. Cook gently over a low heat for a few minutes, stirring constantly with a wooden spoon until the custard thickens; don't let it boil or it may curdle. Serve the baked apples with the custard.





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## Rhubarb syllabub

30 minutes + chilling ■ Serves 4 ■ EASY

**rhubarb** 250g, trimmed and cut into 2cm pieces

**golden caster sugar** 150g

**grenadine** 3 tbsp

FOR THE SYLLABUB

**double cream** 400ml

**golden caster sugar** 100ml

**lemon** 1, juiced

**sherry** or **sweet dessert wine** 1 small glass

■ Cook the rhubarb with the sugar and grenadine in a covered pan over a medium heat, stirring occasionally, until soft. Tip into a strainer set over a bowl, then return the juice to the pan and simmer until reduced by half. Stir back into the rhubarb.

■ To make the syllabub, mix the cream, sugar, lemon juice and sherry. Whip the mixture until standing in soft peaks, then spoon into glasses and chill. To serve, spoon the rhubarb on top.

## Chocolate mousse

30 minutes + chilling ■ Serves 4-6 ■ EASY

**dark chocolate** 250g, about 70% cocoa solids, broken into small pieces

**unsalted butter** 50g, softened

**eggs** 6 medium, separated, plus 3 extra egg whites

**golden caster sugar** 40g

**chocolate curls** (shaved from a block of chocolate with a peeler) to finish (optional)

■ Melt the chocolate in a heatproof bowl over a pan of simmering water, stirring every so often and making sure the bowl isn't touching the water. Remove from the heat and beat in the butter, using a whisk or spoon, until smooth. Beat the egg yolks in another bowl and set aside.

■ In a clean, grease-free bowl, whisk the egg whites until frothy not stiff, using a mixer on a medium-high speed. Add half the sugar and continue whisking on a low setting until stiff. Add the rest of the sugar and whisk until the egg whites stiffen up further. Fold in the beaten egg yolks using a metal spoon.

■ Carefully stir half of this into the chocolate mixture, using a whisk, then fold in the rest with a large spoon until evenly combined. Pour into a large serving dish and leave to set for a couple of hours, or overnight.

■ To serve, scoop a portion of mousse onto each serving plate and finish with chocolate curls if you like.





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## Sticky toffee pudding

2 hours 20 minutes

■ Serves 4-6 ■ **A LITTLE EFFORT**

**pitted dates** 150g

**unsalted butter** 65g, plus extra for the dish

**soft dark brown sugar** 175g

**eggs** 2 medium, lightly beaten

**self-raising flour** 225g

FOR THE TOFFEE SAUCE

**double cream** 600ml

**golden caster sugar** 350g

**unsalted butter** 90g

■ Put the dates into a pan with 250ml water and simmer over a low heat for 10-15 minutes or until the dates are soft and the water has almost evaporated. Whizz in a blender until smooth. The purée should be a good spoonable consistency. Leave to cool.

■ Heat the oven to 180C/fan 160C/gas 4. Soften the butter. Grease a baking tin, measuring 15x12cm (6cm deep) with butter and line with greaseproof paper.

■ To make the sponge, in a food processor, mixer or by hand, cream the butter and sugar until light and fluffy. Add the eggs slowly, taking care that the mixture does not separate – if this happens, add a little of the flour and continue mixing for a minute or so. Then gently fold in the flour, with a large metal spoon, until mixed. Finally, fold in the date purée.

■ Spread the mixture in the baking tin and bake for about 50-60 minutes or until the sponge is firm to the touch. Allow to cool in the tin for 10 minutes or so. Keep the oven on.

■ Meanwhile, make the toffee sauce. Pour half of the cream into a heavy-based pan and add the sugar and butter. Bring to the boil, stirring, and continue to boil for 8-10 minutes or even longer until the sauce is golden brown. Allow the sauce to cool for about 10 minutes, then whisk in the remaining cream.

■ Remove the sponge from the tin, trim the edges to neaten, then cut horizontally into 4 even layers. Re-line the tin with fresh greaseproof paper.

Re-assemble the sponge in the tin, spreading two thirds of the warm sauce in between the layers. Reheat the pudding in the oven for 15-20 minutes.

■ To serve, cut the pudding into portions, place in bowls and top with the remaining toffee sauce. Serve with ice cream, soured cream or crème fraîche.





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## Norfolk treacle tart

1 hour 40 minutes + cooling

■ Serves 8 ■ EASY

**butter** 110g, softened

**golden caster sugar** 135g

**plain flour** 225g

**baking powder** 1 tsp

**salt** a pinch

**double cream** 125ml

FOR THE FILLING

**golden syrup** 225g

**dark treacle** 50g

**double cream** 220ml

**oatmeal** or **fresh white breadcrumbs** 75g

**eggs** 2, beaten

**lemon juice** 1 tbsp

**extra-thick** or **clotted cream** to serve

■ Make the pastry a couple of hours ahead: cream the butter and sugar, then sieve the baking powder and flour together and stir into the butter mix with the salt. Slowly pour in the cream until well mixed. Chill for about 30 minutes before rolling.

■ On a floured table, roll out the pastry to about 5mm thick. Use to line a 26cm flan or tart tin, about 3-4cm deep, and leave to rest in the fridge for 1 hour.

■ Heat the oven to 160C/fan 140C/gas 3. Meanwhile, make the filling by mixing the golden syrup, treacle, double cream, oatmeal and beaten eggs, then stir in the lemon juice. Fill the flan tin with the mixture and bake for 40- 50 minutes, then leave to cool. Serve warm with some good extra-thick or clotted cream.





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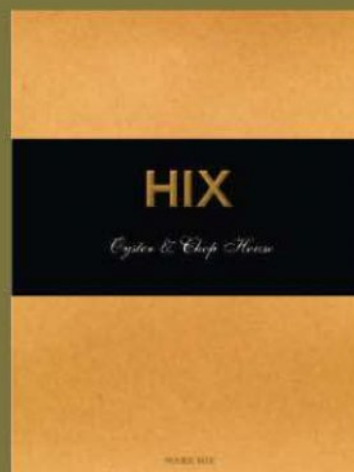
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